

ATHLETIC JOURNAL

Vol. 3, No. 3

NOVEMBER, 1922

20c the Copy



PUBLISHED BY
THE ATHLETIC JOURNAL PUBLISHING CO.
Champaign, Illinois





Two new basketball shoes with the famous Hood Cushion Outsole feature The Hyscore and The Centre



*Grips firmly Releases instantly
Plays a fast, sure game*



Hyscore



Centre

Modern Basketball has needed just these shoes. It is a game where speed and accuracy in footwork count large. Some shoes designed to grip firmly, release with just enough tardiness to slow down a fast game. Other shoes which release quickly do not provide quite the confidence in the grip. The specially constructed Hood outsole will grip firmly and release instantly,—the two requirements for super-footwork in basketball. The Hyscore is built and reinforced to stand up under a long, hard schedule. The Centre is lighter in construction, which to many is a point in its favor, and will stand up under the ordinary schedule. The Centre is also a splendid all-around gym shoe.

The Bayside---

Baysides are today and have been for years, the most popular, low priced "shoe" for school calisthenics, light gymnasium and track work. A satisfactory shoe, giving splendid value. Baysides are also used extensively in women's classes in schools and gymnasiums. Made in the oxford or high pattern, and in black, brown and white.

HOOD RUBBER PRODUCTS COMPANY, Inc.
Watertown, Massachusetts



THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, EDITOR

VOLUME III

NOVEMBER, 1922

NUMBER 3

CONTENTS

Quick Line Opening Plays	M. L. Eby	3
Drop and Place Kicking	Branch Bocock	7
Line and Backfield Shifts	R. E. Haberman	10
Editorial		14
The Navy Double Punch	"Spike" Webb	16
The Defensive End, Smashing or Waiting	Dr. Garfield Weede	20
Floor Plays	F. J. Winters	26
The Forward Pass and Defense against it	Frank G. Bliss	30
The Merits of Different Formations Behind the Line	L. L. Mendenhall	32
Physical Education	Dr. P. E. Belting	36
A Year's Program for Required Work	John L. Griffith	40
The Waiting or the Charging Line on Defense.	Geo. H. Pritchard	50
Hints for Young Coaches	A. M. Barron	52

Entered as second-class matter April 5, 1922, at the Postoffice at Champaign, Illinois, under the Act of March 3, 1879

Office of Publication, 114-116 N. Walnut St., Champaign, Ill.

Editorial and Business Office, 7017 Greenview Ave., Chicago, Ill.

Subscription \$1.00 per Year

20 Cents the Copy

INDEX TO ADVERTISEMENTS

Aldrich & Chancellor	37	Illinois Equipment Co.	33
Basketball Pants		Football Training Shirts	
Alexander Lumber Co.	43	Kelley-Duluth Co.	47
Portable Bleachers		Hockey Equipment	
Antiphlogistine	41	Knock Down Bleachers	
Denver Chemical Co.		Leavitt Mfg. Co.....	35
Athletic Awards		Leavitt Mfg. Co.	35
Metal Arts Company.....	23	Knock Down Bleachers	
Athletic Equipment		Lowe & Campbell	23
Honus Wagner Co.....	39	Football Blankets	
Hopkins Bros. Co.....	51	Medart Mfg. Co.	49
Athletic Posters	31	Medals	
Superior Color Press		Medallic Art Co.	31
Athletic Shoe Co.	21	Medals	
Shoes for all sports		Medals	
Basketballs		Medallic Art Co.....	31
Thos. E. Wilson Co.....	17	Medart Mfg. Co.	49
Horace Partridge Co.....	45	Playground Equipment	
A. G. Spalding.....	49	Metal Arts Co.	23
Basketball & Gymnasium Shoes		Athletic Awards	
Beacon Falls Rubber Shoe Co. 55		Miller, Geo.	49
Hood Rubber Co.....Inside Front		Basketball Book	
U. S. Rubber Co.....Inside Back		O'Shea Knitting MillsBack Cover	
Basketball Book		Football Sweaters	
Geo. Miller.....	49	Partridge Co., Horace	45
Basketball Pants	37	Basketball Supplies	
Aldrich & Chancellor		Palm Olive Co.	43
Basketball Supplies		Soap	
Rawlings Mfg. Co.....	51	Portable Bleachers	43
Wright & Ditson Victor Co. 47		Alexander Lumber Co.	
Beacon Falls Rubber Shoe Co.	55	Rawlings Mfg. Co.	51
Basketball Shoes		Basketball Supplies	
Bennett Elastic Web Co.	21	Shoes for all sports	21
Supporters		Athletic Shoe Co.	
Crogan Mfg. Co.	19	Soap	
Steel Tape		Palm Olive Co.....	43
Des Moines Tent and Awning Co.		A. G. Spalding	49
Wrestling Mats.....	39	Basketballs	
Denver Chemical Co.	41	Specialists Educational Bureau	47
Antiphlogistine		Coaches Agency	
Dieges & Clust	37	Stall & Dean	31
Gold Footballs		Football and Basketball	
Football Blankets		Equipment	
Lowe & Campbell.....	23	Steel Tape	19
Football Sweaters		Crogan Mfg. Co.	
O'Shea Knitting Mills.....Back Cover		Superior Color Press	31
Football & Basketball Clothing		Athletic Posters	
Illinois Equipment Co.....	33	Supporters	
Stall & Dean.....	31	Bennett Elastic Web Co.....	21
Western Sporting Goods Co. 19		Walter F. Ware Co.....	53
Gold Footballs		U. S. Rubber Co.Inside Back	
Dieges & Clust.....	37	Basketball Shoes	
Griffith-Clark Co.	28-29	Ware, Walter F. & Co.	53
Football and Basketball Books		Supporters	
Gymnasium Apparatus and Play-		Western Spt. Goods Co.	19
ground Equipment	49	Football & Basketball Clothing	
Fred Medart Mfg. Co.		Wilson, Thos. E. & Co.	17
Hockey Equipment	47	Basketballs	
Kelley-Duluth Co.		Wrestling Mats	
Honus Wagner Sporting Goods Co. 39		Des Moines Tent & Awning Co. 39	
Athletic Equipment		Wright & Ditson-Victor Co.	47
Hood Rubber Co.Inside Front		Basketball Supplies	
Basketball and Gymnasium			
Shoes			
Hopkins Bros.	51		
Athletic Supplies			

The ATHLETIC JOURNAL

VOL. III

CHAMPAIGN, ILLINOIS

No. 3

QUICK LINE OPENING PLAYS

BY

M. L. EBY

Moray Eby played for years on the University of Iowa teams. He was Captain of the 1899 team which tied for the Conference championship and played on the 1900 team which won the Conference title. In 1901 he coached Woodbine Normal, and this team lost but one game. In 1904 he coached West Liberty High School, and his team played for the State championship. In 1909-13 he was Line Coach at Iowa, and during 1914-22 he has coached football at Coe College, where his teams have won 44 games out of 59 played, lost 12, and tied 3.—EDITOR'S NOTE.



IN discussing line attack, I realize there are many different methods used, all of them having more or less merit. Those who have followed football closely

cannot fail to note the radical changes that came with the advent of the forward pass and open game. Almost immediately, after the adoption of the forward pass, coaches saw the light and new ideas and new methods were the result. It opened up a new field; coaches are no longer limited to the old iron-clad, one-way method. The barriers have been taken down you can now go as far as you like.

From an offensive standpoint, a coach has at his disposal either the closed or open game. In other words, he has command of the situation on the field and the defensive team must govern itself accordingly.

The secondary line of defense, now having new and varied duties, can no longer lay up close behind the defensive line and pick off the ball carrier on the line or before he reaches the line of scrimmage. This being true, the value of quick line plays in an offensive system becomes apparent, in fact, they are a necessity. The following may be

suggested as arguments for a quick line opening play.

(1) It is now an easier and surer way of making yardage than formerly. While long gains are not to be expected, it is an effective way of gaining first down when your team has from one to five yards to go and eliminates the necessity of using an open and less uncertain play that should be saved for another occasion.

(2) It keeps the opposing line guessing, for they are unable to know when and where the play may strike and have to be on a continuous strain, which means that they are apt to break sooner or later.

(3) If quick plays can be successfully executed, the secondary defensive line must close in quickly to stop them, and this makes possible the execution of forward pass plays. This means that you have thus imposed a double burden on the defensive backs—defending against forward passes and line plays at the same time. In order to do this, a back would have to be in two different positions at the same time, and this is not physically possible. Consequently, he will have to defend against one, and his defense for the other will be weak. Forward pass plays are dangerous and gain much ground, so the defensive back will likely choose to play it safe and defend against the pass play, making the quick line

play possible and more valuable.

It now follows that if the offensive team uses plays not properly defended against, it will be successful—a matter of generalship and execution.

The kind of play that is to be used and the behavior of your opponent's line determine the proper action of your offensive line, individually and collectively. This is what constitutes line strategy.

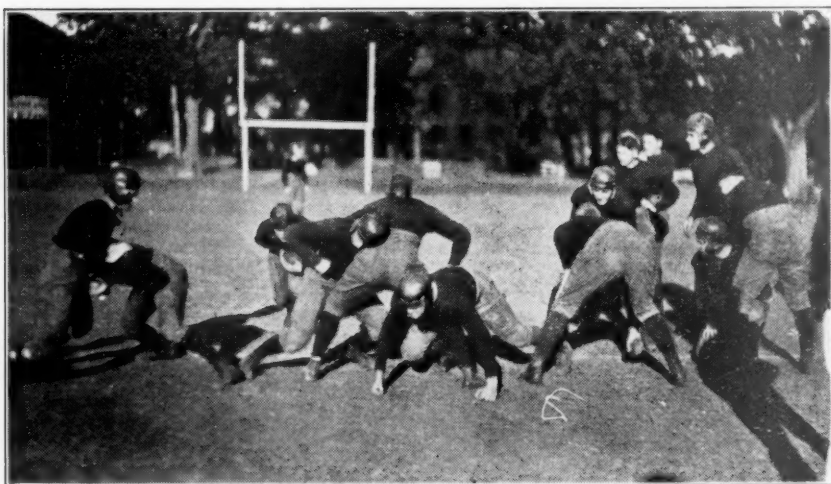


Illustration No. 1

The line attack must be varied by using quick line plays (Illustrations Nos. 1 and 2); split buck plays (Illustration No. 3); plays

No two defensive lines will shift alike, and thus your offensive line blocking will vary and the men must know what to expect of one

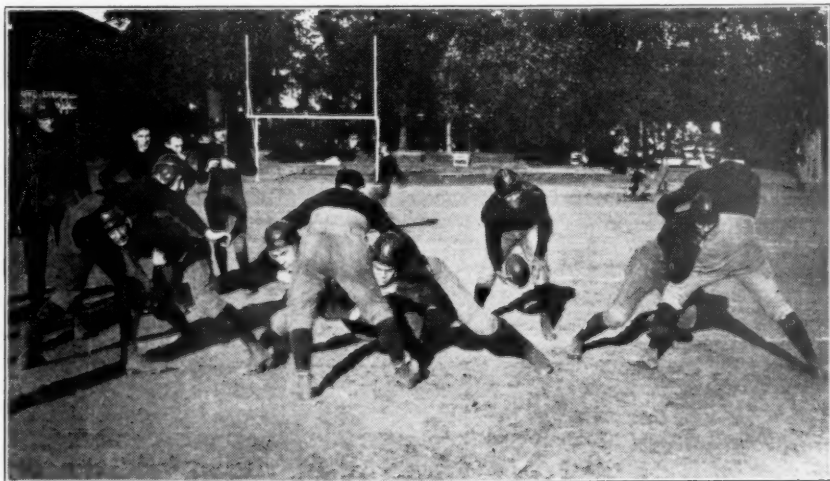


Illustration No. 2

to the weak side (Illustration No. 4); concentrated driving plays (Illustration No. 5); delayed bucks and hidden ball or trick plays.

another as different occasions arise.

Quick line play (Illustration No. 1) is most successful if executed

quickly. As shown in the illustration, the men must have their bodies between the opponents and the line of the ball. Their heads should be on the right side to keep

In Illustration No. 2 is shown another method of taking out an opponent for a quick line play. The men charge shoulder to shoulder and carry the opponent out—line

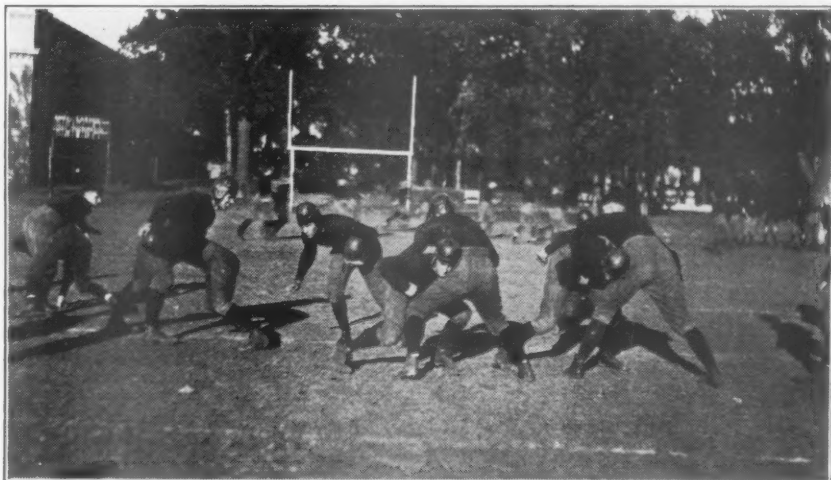


Illustration No. 3

the opponent from sliding into the play—elbows extended to form larger blocking surface—and they should retain a crouched and powerful position to enable them to

men on either side take their opponents away from the play. The ball carrier follows closely and breaks into the opening at the first opportunity. Sometimes men can cross

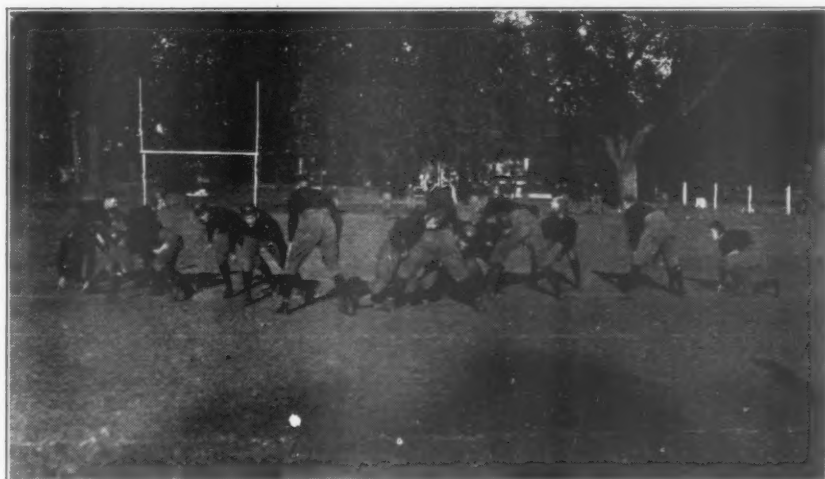


Illustration No. 4

follow their charge through. The man carrying the ball should run low and under cover.

or scissors, thus getting a side swipe at their opponents (Illustration No. 3). This is effective when

an opponent is in the direct line of the ball and also on delayed plays.

In Illustration No. 4 the line men are blocked off by use of the shoul-

on one side or the other of the man left in the line of the ball, viz: the man being handled by one man.

There has been much discussion

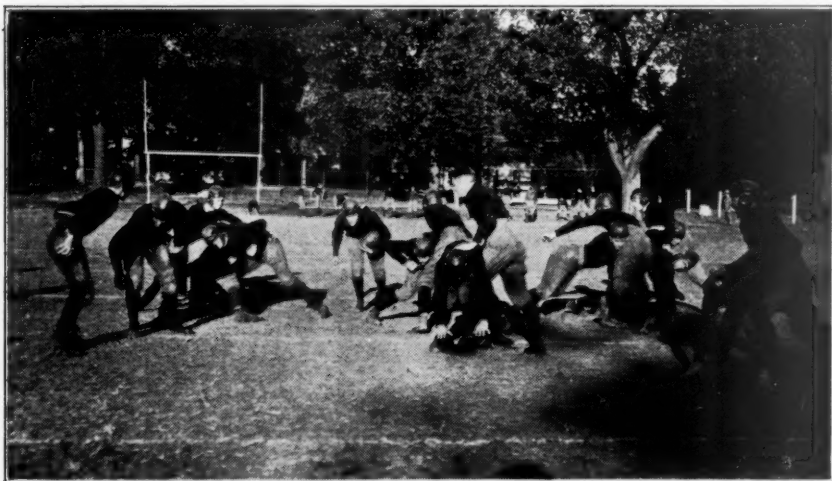


Illustration No. 5

der block. As the hole opens, the men with the ball follows a team mate through the opening.

In Illustration No. 5, the blocking power is being applied (High

regarding the advisability of sending one or more men ahead of the play through the line. The idea of sending these men through the line to take the secondary defense is

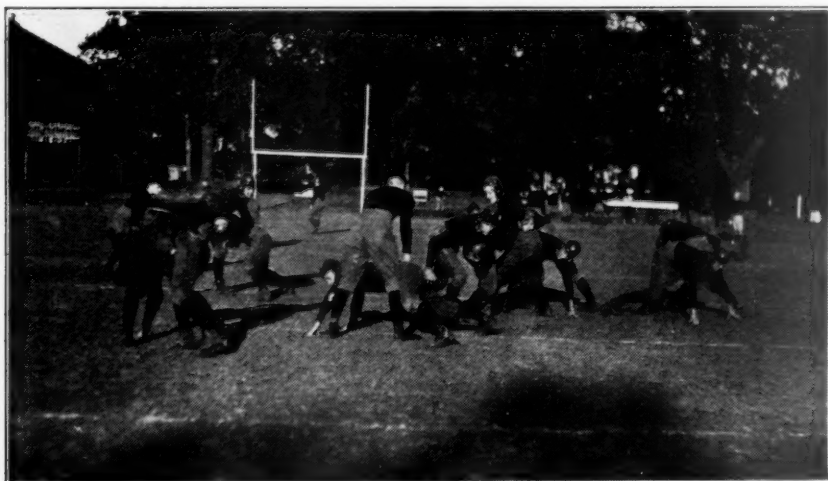


Illustration No. 6

and Low Block) to the men not in the direct line of contact, with the result that an opening will appear

fine, but not practicable. The men fail to get through the line and thus

(Concluded on page 19)

DROP AND PLACE KICKING

BY

BRANCH BOCOCK

Mr. Bocock graduated from Georgetown University, where he played football in 1903-06, being Captain in his last year. He played end, half-back and quarterback. He was head coach of the University of Georgia in 1907-08; head coach of Virginia Polytechnic, 1909-10; head coach of the University of North Carolina in 1911; head coach of Virginia Polytechnic Institute, 1912-17; Director of Athletics of Louisiana State University since the fall of 1920.—EDITOR'S NOTE.

IT is uniformly an accepted fact that drop kicking and place kicking constitute an important feature of offensive football. The new rule eliminating the free trial for goal after touchdown and substituting an opportunity to score one additional point from scrimmage formation, by any legal method of play, will increase the importance of drop and place kicking. Football coaches are almost unanimous in concluding that, in closely contested games, resort will be had to either of these two methods of play in preference to rushing or forward passing in order to score the possible additional point.

A goal from the field is analogous to hitting in a pinch in baseball. Many important games have been won, and many will be won, by scoring a field goal. A football machine cannot attain maximum offensive capacity unless it possesses an attack sufficient to score should the ball be in its possession within striking distance of the opponent's goal. Thereupon, against a team of equal strength, a place kick or drop kick may be used to advantage when a stiffened defense is encountered. A trial for goal from the field is particularly appropriate, in a close game, when so little playing time remains in either half, that but one or two plays may be executed, and the ball is within striking distance of the opponents' goal.

Successful field goal kicking,

from scrimmage formation, involves accuracy of a high degree. Perfect coordination is essential to success. The following prerequisites are fundamental:

1. The pass from the snapper back should be accurate to facilitate the efforts of the kicker and depreciate the attempt of the defense to break through in time to block the kick.
2. The opponents on the line of scrimmage should be restrained long enough to allow completion of the kick.
3. The ball must be dropped accurately by the kicker in the case of a drop kick, or placed accurately by the holder in the case of a placement kick.
4. There should be perfect coordination by the kicker, in case of a drop kick; he should meet the ball with precision, at just the right time, with a leg drive in line with the desired direction of the kick. In a perfectly coordinated place kick, the kicker anticipates the proper placing of the ball and times his advance to meet it the instant it is in position.
5. The kicker in a drop kick, and the kicker and the holder of the ball in a place kick, should **KEEP THEIR EYES ON THE BALL** until it is actually kicked and they should not be diverted by an impulse to look up and anticipate its flight through the air.
6. The kicker should follow

through with the kicking leg and not pull back, otherwise there will either be a slicing of the ball to one side, or the impetus of the kick will be dissipated.



Illustration No. 1

More or less difference of opinion exists, however, with respect to the method of holding the ball, preparatory to dropping it, in a drop kick. The most consistent and best drop kickers I have seen hold the ball with both hands at a point arms length in a diagonal line, immediately in front of the kicking leg, on a line with the direction of the proposed kick, and one hand on each side of the ball, with the lacing directly in front, and the top of the ball slightly inclined backward. It requires relatively little skill to hold a ball properly. The most important and the most difficult thing, as is the case in spiral punting, is to drop the ball accurately and meet it with the kicking foot at the proper time.

The stance of the drop kicker is important. The purpose being

to consummate the kick as quickly as possible, it is obviously es-

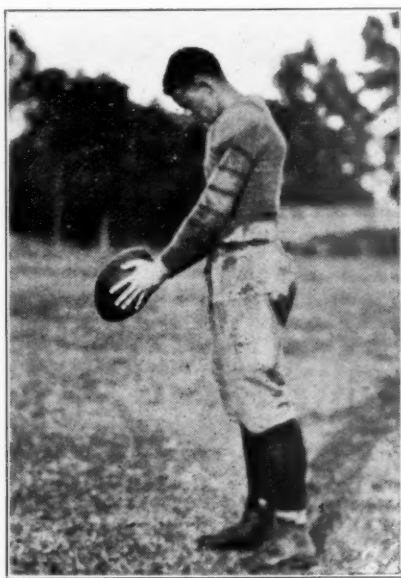


Illustration No. 2

sential that only a minimum number of steps be taken. Good drop kickers either stand with the kicking foot forward, about one-half a full step, and upon receiving the ball take a full step forward with the rear foot, in line of the proposed kick, fixing the ball in their hands and placing same in position concurrently, or they stand with both feet together and, after receiving the ball from the snapper back, step off in the same manner one full step with opposite foot to that used in kicking, completing the kick in every respect as in the first case. Either method is effective and the one best suited to the kicker should be used. The same result is attainable in either instance.

The ability of a player, possessed of the fundamental prerequisites for drop kicking, to develop into a consistent drop kicker, once the proper form is acquired, depends upon constant practice. In practicing place kicking or drop kick-

ing, effort should be first directed to mastering form and accuracy.



Illustration No. 3

This can be accomplished more satisfactorily by making kicks from points and angles in the field of play not distant more than 30 yards from the goal posts. In kicking from more distant points the only additional factor is proportionately more force in the kick. The same form and accuracy should be employed as in short distances. Confidence is a great asset to a drop kicker and this may be acquired more satisfactorily by short distance kicking. In being developed, a drop kicker, or place kicker, should be given every logical opportunity to try for goal in scrimmages and in early season games, for it is valuable experience, under formal conditions, in preparation for the more important games to follow.

An attempt at goal after a fair catch presents a logical and preferential use of the placement kick. The necessity of speed and accuracy in dropping the ball as in a drop

kick, or in its placement, from scrimmage formation, is obviated as the holder of the ball has ample time for deliberate action. Some coaches prefer a placement kick in trying for field goal from scrimmage formation. The proposition depends mainly upon the character of the material available. I believe the drop kick is the more practicable, under ordinary conditions, as it can be more quickly executed, thus lessening the chances of its being blocked. It reduces to a minimum the number of men handling the ball; it involves a less difficult pass by the snapper back as it is the same used constantly in punting; it allows the use of ten men as blockers instead of nine; and the kicker is relieved of the mental hazard involved in depending upon the holder of the ball in a placement kick.

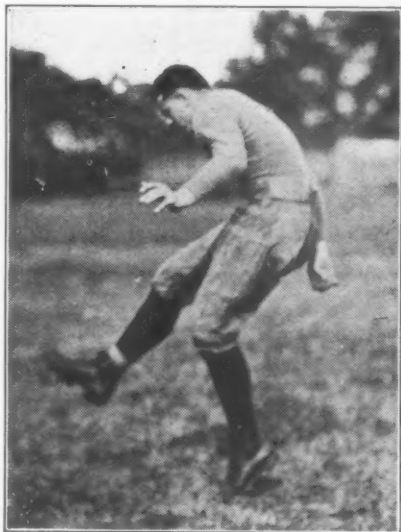


Illustration No. 4

In actual competition, where either a place kick or drop kick is appropriate, a trial for goal should of course be anticipated and such offensive plays used by the quarterback as will logically place the ball,

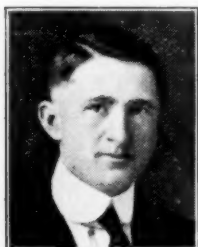
(Concluded on page 54)

LINE AND BACKFIELD SHIFTS

BY

R. E. HABERMANN

Mr. Habermann is a graduate of Springfield Y. M. C. A. College. He completed the officers' course at the U. S. Naval Academy, Annapolis, and served in the Navy during the war. He later was Director of Athletics and Football Coach at New York Military Academy; Director of Athletics and Coach of Football, Basketball, and Track at Carroll College; and again, later, he held the same positions at Western State College. At present, he is Professor of Physical Education and Baseball Coach at Knox College.—
EDITOR'S NOTE.



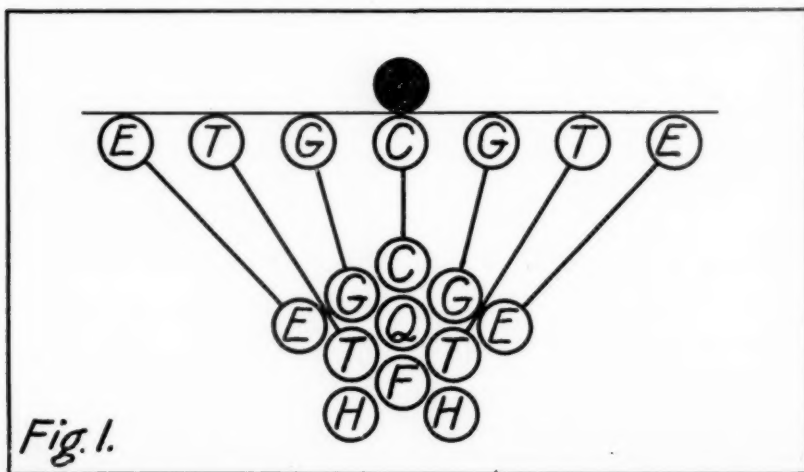
BEFORE a coach gives his team shift plays there are certain things which he ought to take into consideration. Is the material green or experienced?

That is the first question. If the material is green and has very little experience a shift should not be given. The time taken up in teaching a shift should be used in developing fundamentals, for a green line or backfield has all it can do to execute their plays well without thinking about a shift, and then, too, if inexperienced, a shifted man does not know what to do when he does get into a new position of advantage. Teach him straight foot-

ball first, and then later give a shift, for there is value in a shift in some respects.

The next question is: Why do you want a shift and whom are you going to shift and how? If you have a good pair of guards or tackles that work well together it is wise to shift them. This can be done by having them line up shifted to one side or the other, but that system is not so effective as a system whereby your strong men arrive at the desired position quickly and before the defense gets set for them, for a shift is of no value if the defense is set for it. It must get the opponents off their balance and it must put two men on one as a general rule.

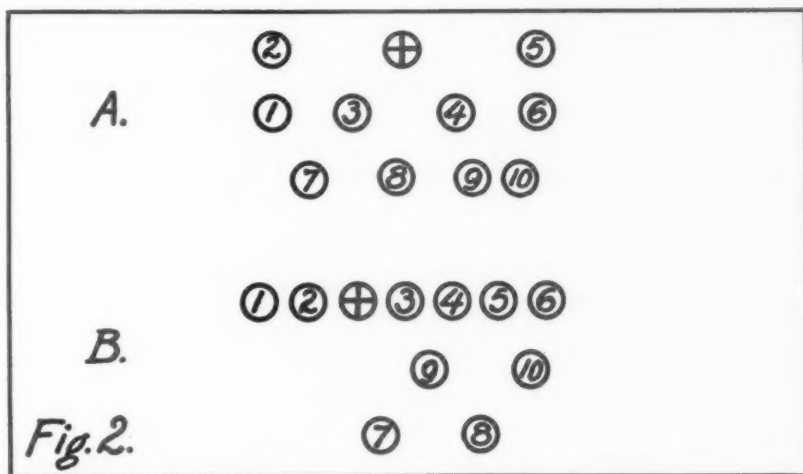
There are many methods of shifting and this article is to give a few ideas on how to shift your



men and get them into a position of advantage in the most effective manner.

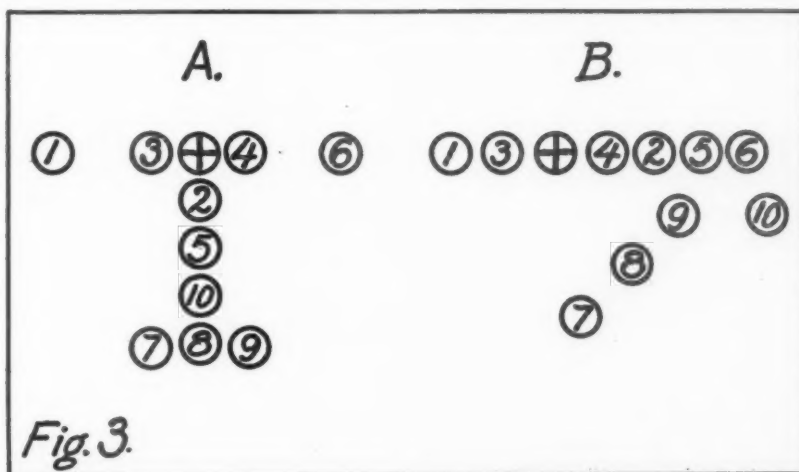
Figure 1 is a very late shift. It is very much like the circle formation which was used by many teams

line up on each side of the center, lean forward, and face the line of scrimmage. The tackles line up right behind the guards and lean over their backs. The ends line up outside of the guards and tackles



last year. It is designed so that the players can get into position quickly, and is very effective, for the line may come up balanced or unbalanced, and the backs may assume any formation.

and lean in toward them. The quarterback stands with his back to the center and leans forward. The halves line up back of the tackles and quarterback. The signal is given in a low voice and when



The center stands about a yard from the ball with his back toward it and leans forward. The guards

"Hike" is given the line shifts as in Figure 1 and the backs take any formation, the ball being snapped

when the ends hit the line. This system may be used for all formations.

A very effective way of shifting the guards is shown in Figure 2. The team lines up as is shown in

effective in the guard shift.

Figure 3 illustrates a good method of shifting tackles, especially if one tackle is to be kept on the outside all of the time. 5 is the outside tackle and shifting either right

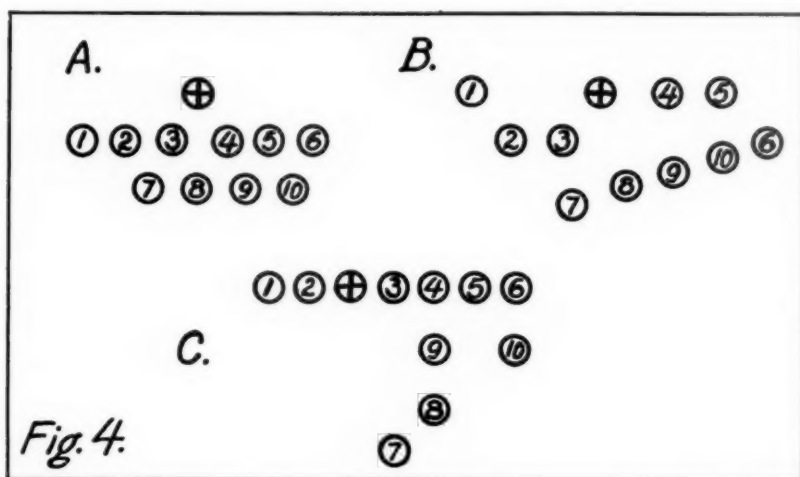


Fig. 4.

(A), 2 and 5, the tackles, line up just wide enough from center to allow the two guards, 3 and 4, to come between. The ends, 1 and 6, are directly behind the tackles and shift into the line as 3 and 4

or left he should always be next to the end, while 2 should always be next to one of the guards. The team lines up as shown in (A), the ends, 1 and 6, playing just wide enough to allow 2 and 5 to come

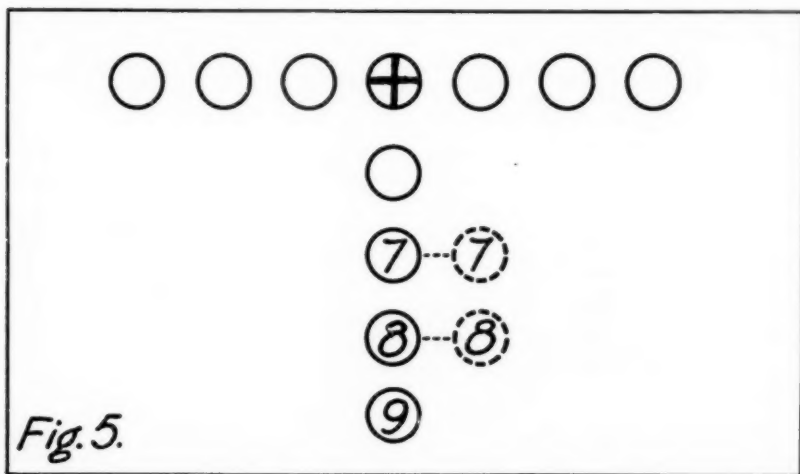


Fig. 5.

shift up. The backs take any desired formation as the guards shift, the one given in (B) being

between them and the guards. The backs assume any formation as the tackles shift. The formation given

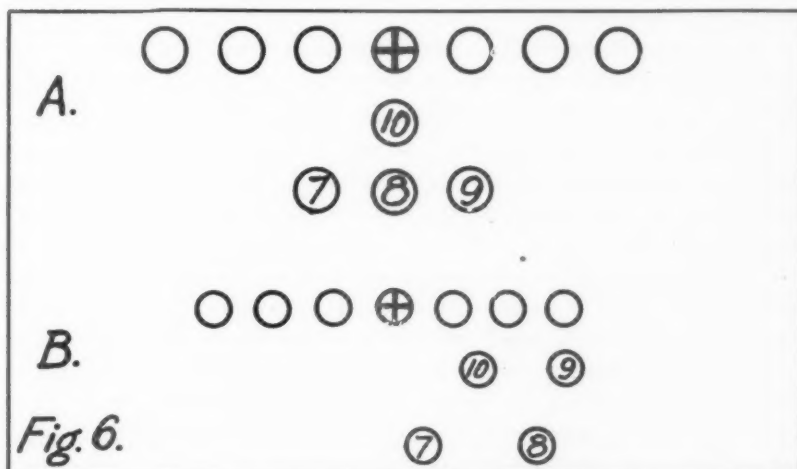
in (B) has been found effective.

Possibly one of the most bewildering and powerful shifts is shown in Figure 4. If it is to be effective it must be timed well for it has two hikes. (A) shows how the team lines up. (B) is the position after the first hike if the shift is going right, 1, 4 and 5 having shifted to their positions in the line. The left tackle and guard, 2 and 3, and also 6, the right end, have held their positions. If the shift were going left it would be just opposite, 1, 4, and 5 being back. On the second hike 3 shifts over into the space between four and the center, and 2 shifts to the

tion given in (C).

Backfield shifts are most effective when sprung behind a balanced line, for then the defense does not have an idea where the play is going until the shift is actually executed, for the backs may go either way. Figure 5 shows a simple and yet effective shift of only two men. 7 and 8 shift either right or left about one yard and as their feet come to a stop the ball is snapped. On end runs and passes, it is a good idea to have the quarterback shift with 7 and 8 so that a direct pass can be shot back to 9.

Figure 6 shows a very good



line next to center and 1 slides over next to 2, while 6 shifts up to the line next to 5. On the first hike the backs start to assume the formation they will use and on the second hike they are all set in position, generally taking the forma-

tion given in (C). Backfield shift for the direct pass. The team lines up as in (A) and when the hike is given 10, 7 and 8 take one hop to the right and 9 takes one long hop to the right and toward the end. The backfield arrives at the position shown in (B).

Q. If a team is kicking out from behind its goal line and the defensive team places ten men on the line of scrimmage to block the kick, and if the defensive quarterback, your safety man, is thirty or forty yards down the field, is it advisable for the offensive team to try to

make a forward pass?

A. It is good strategy to quickly change signals under these conditions and pass over the heads of the defensive line even though it is often considered bad football ever to pass when near the goal line.

The ATHLETIC JOURNAL

Published by
THE ATHLETIC JOURNAL PUBLISHING CO.

JOHN L. GRIFFITH, Editor

Copyright 1922 The Athletic Journal Publishing Company

ARE ATHLETIC COACHES OVERPAID?

We frequently hear athletics assailed on the ground that coaches receive more money than they earn and that their pay is proportionately in excess of that which other educators receive. The Journal is ready to concede that some coaches are overpaid, as are some ministers, some lawyers, and some professors. On the other hand, we believe that for the most part school teachers, principals, superintendents and college professors do not receive remuneration commensurate with their training or based on their worth to society, and that the rank and file of athletic coaches are not overpaid.

There are a number of reasons why an athletic coach should be well paid for his services. In the first place, his position is always precarious. When a team loses, the public demands a goat. When the Yankees lost the World's Series, Miller Huggins was blamed, and his job was demanded as the penalty for losing. If a coach loses a number of games, even though he may have demonstrated before that he is a good coach, his position is the forfeit. Some men who have all their lives been mediocre instructors continue to hold their positions in the schools and colleges, and, in fact, in some colleges there is an unwritten law that if a head of a department is re-elected for a certain number of years, he shall be considered to have a permanent appointment. When this man comes to the age of retirement, he retires on a Carnegie pension. A coach may be successful for a number of years and then have a run of bad luck. If he does, he is invariably released, and he finds that he has used up the best years of his life in a certain kind of work and must either engage in administrative work in physical education or enter some new field. If he has been a student of physical education and has kept in touch with the broader development, he should have no difficulty in finding work of this sort. If he would enter business or a new profession, he is seriously handicapped unless he has saved enough money with which to make a good start.

The writer believes that it is a mistake to attempt to regulate the salaries of coaches by legislation. It is very important that every High School and College have at the head of its athletics a man of character, tact, and ability. What this man is paid is of no great consequence, but what kind of a man he is matters tremendously. In other words, we need not be concerned because our coaches are well paid, or because our

games draw big crowds, or because the public is very much interested in the contests. The danger is not in the growth of popularity of the games, or in the intense desire to do well, but rather we need to be alarmed when the rules are evaded.

PROFESSIONAL AND AMATEUR ATHLETICS

The Journal is primarily concerned with the proper development of amateur athletics, but, at the same time, it holds that there is a place in our national life for the right kind of professional athletics. Professional baseball, for instance, has a tremendous hold on the people of this country, and when properly administered furnishes a fine kind of entertainment and recreation for thousands of onlookers. However, it is only in rare cases that the college boy should choose a professional athletic career for these reasons. Only a few can become George Sislers, or Ty Cobbs, or Christie Mathewsons, and the others who fail to reach the top only too often waste valuable time which should be employed upon graduation in getting started in their chosen business or profession. Further, very frequently the boy who becomes a professional baseball or football player acquires habits of idleness and wastes his time between seasons. The writer knows a number of professional football players who, since their graduation from college, have not started in their life work. They will probably play football for a few years and then attempt to enter business or take up the practice of the profession for which they were trained in college. Branch Rickey not long ago had in his employ a college boy who aspired to be a surgeon. Rickey needed this boy, who would have added strength to the Cardinals had he stayed with them, but he advised him nevertheless to quit baseball and to give all of his time to his chosen profession. If this was good advice for a boy who was good enough to play with the St. Louis National League Club, it is good advice for most young men just out of college. Even though there may be a place for professional athletics, certain it is that that place is not in our schools and colleges. The governing board of the National Collegiate Athletic Association, the Directors of the Western Conference, and the majority of our school and college athletic conferences have agreed that our college and school athletics should be conducted on a strictly amateur basis. There are some persons who believe that it is not necessary to hold strictly to the amateur principle in conducting our amateur athletics. The Journal plans from time to time to advance arguments to show why the future of our amateur athletics depends upon our drawing the line between the professional and amateur principle in school and college athletics.

THE NAVY DOUBLE PUNCH

BY
SPIKE WEBB

Mr. Webb has already written two articles on boxing for the Journal and has promised to write at least one more. He is very much interested in seeing boxing introduced into the schools and colleges.—EDITOR'S NOTE.



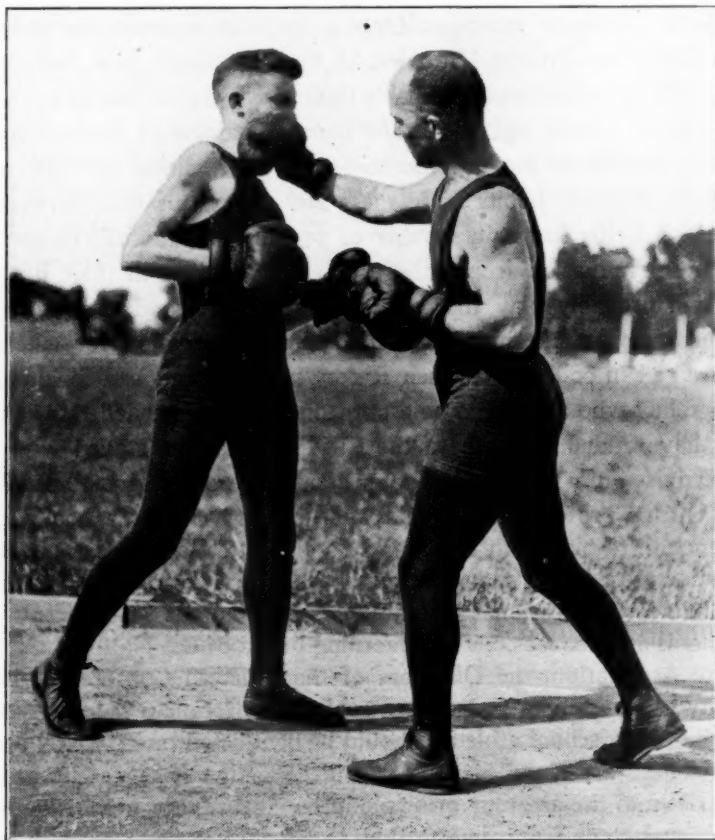
IF the average boxer of to-day would only realize the advantages to be gained in properly guarding against punches, he would not only avoid punishment

but often ward off defeat.

As a rule, the boxer spends much time in practicing hitting, but pays

little or no attention to guarding, which, it might be said, is of greater consequence, due to the fact that boxing is first of all the art of self defense and secondly, that of injuring the opponent; in other words the art of boxing consists not only in trying to defeat a man but in preventing him from defeating you.

It is true that some boxers can assimilate more punishment than others. This is due mostly to unusual development of the nerve



*Spike Webb and Charles Waggoner demonstrating the Navy Double Punch.
First part, right hand punch.*

centres, or some abnormal physical condition. However, the ability to absorb punishment to any great extent does not prove that the boxer's general health will not suffer in the absorption. It must be admitted that hard punishment in the ring, if repeated too often, produces an unbalanced condition of the mind. Of course, courage, gameness, and the ability to endure physical suffering are essentials of the glove game, but the art of avoiding punishment without disadvantage is, to my thinking, the highest form of ring generalship.

As a rule, most boxers mechanically use the same guard, irrespective of the man opposed to them. This is wrong, and the boxer who lacks the ability to change his guard according to circumstances not only shows poor judgment, but also may turn a possible victory into defeat. The average boxer has a particular style of boxing and does not seem able to adapt himself to the requirements of the sport. Personally, I believe this is due to the fact that many boxers have a tendency to look upon the boxing sport too lightly. They seem satisfied so long as they are able to assume the average boxing attitude, deliver punches and stand a certain amount of punishment.

There are more ways of guarding against punches than there are of delivering them. In fact, most people will be surprised to learn that there are no less than six different methods of defense. For instance, there is but one straight left lead, but there are a number of ways in which to stop this punch. Retreating, blocking, sidestepping, parrying, and slipping are all means by which such a punch may be nullified. Therefore, it is well to appreciate the fact that the system of employing a good defense is on an equal basis with that of hitting, either of which according to quality of execution, may lead to victory.



What Makes a Basket Ball Lively

The liveliness of a basket ball depends upon the AMOUNT OF AIR COMPRESSED WITHIN THE CASING.

A basket ball casing partially filled with air would be a lifeless thing.

A basket ball casing that stretches and bulges under air pressure loses life in proportion to its bulging. **THE WILSON OFFICIAL INTERCOLLEGIATE J 4 BASKET BALL** is the liveliest basket ball manufactured,

BECAUSE—

Its Exclusive Patent Lining prevents any stretching or bulging.

It holds more air under a greater pressure than any other basket ball.

An unlined ball stretches and cannot retain its life.

The WILSON OFFICIAL BALL has the very maximum of resiliency and retains its life after prolonged use, because the Patent Lining prevents stretching. That's why it is used in the most important tournaments.

Send for catalog.



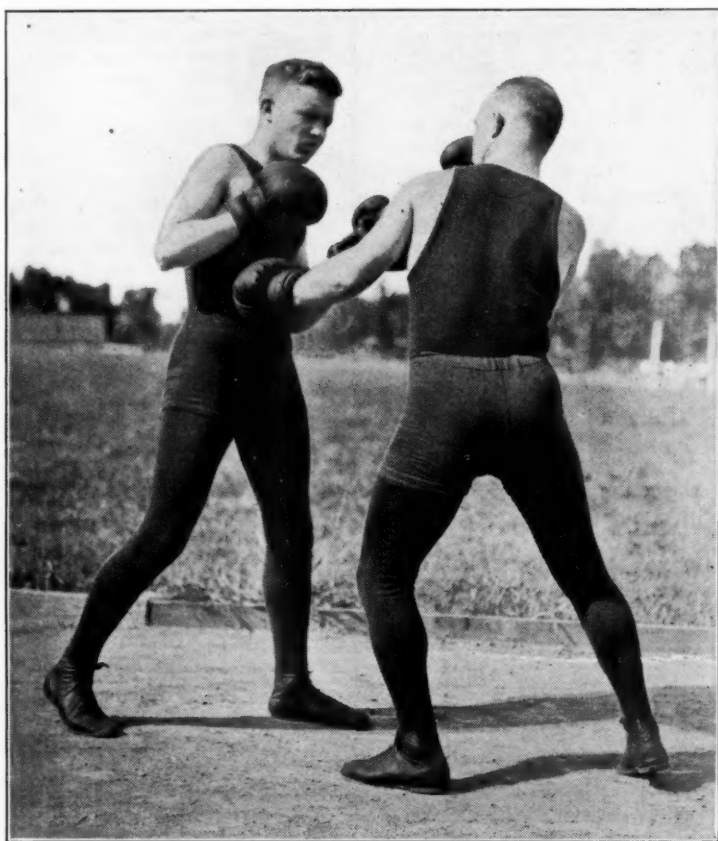
New York Chicago San Francisco

"There is Wilson
Equipment for every Sport"

Boxing is the most complex of all sports. It calls for quick perception, momentary decision and immediate action. The eye, the brain, and each group of muscles must move in unison. That is why the successful boxer must be well equipped, not only with a sound knowledge of boxing, but with a firmness of purpose and well balanced confidence. Without these assets, the pugilistic education is far from being complete.

The Navy Double Punch, as the name suggests, is a simultaneous delivery of two punches; namely, the right hand to the face, followed by the left hand to the body. To execute this twin punch it is first

necessary to draw the opponent in with a series of feints at the body. As the opponent advances, the body is shifted well around to the left side, so as to be in the proper position to deliver a short, snappy back-hand punch with the right hand. In the majority of cases this right hand punch causes the opponent to raise his guard, thus leaving his body open for a telling left hand hook to the body. This strategical maneuvering I rather claim as a specialty of mine, and it might well be termed a body shift, for the feet remain practically in their original position, while the body shifts around to the left side in order to deliver the right hand punch.



*Spike Webb and Charles Waggoner demonstrating the Navy Double Punch.
Second part, left hand punch*

And while the first part of the combination does not carry any tremendous amount of power, it does open up the way for the left hand hook to the body, which, when accurately timed and followed through, proves more or less disconcerting.

Most boxers who possess a superior knowledge of the fistic art know the importance of being able to deliver a left hand hook over the liver. In fact, boxers who lack reach and height, but possess a requisite amount of fighting ability, often depend upon this punch to overcome the advantage of a larger or more skillful opponent.

It requires a quick eye and certainty of purpose to see the Navy Double Punch through, for to miss either punch would be a bit dangerous, as the opponent will, if quick enough, counter with a left or right handed hook.

QUICK LINE OPENING PLAYS

(Concluded from page 6)

block up the hole, so the back carrying the ball finds a wall of his own men. The play is slowed up and there is no deception.

(Illustration No. 6.) The secondary defense plays well back and "short and over" blocking can be made very effective and it will not slow up or interfere with the man carrying the ball.

On delayed plays and plays to the weak side of the line, a man may be sent into the line ahead of the ball carriers to good advantage.

At times a line man (say a tackle between your guard and end) may go through and take a secondary man playing up close. This is effective against a six-man line defense.

Line plays properly mixed and timed, so that the opponents not only do not know where the play is to strike, but also do not know

when it is going to hit, will help a lot.

For measuring distance and heights in field events and for general use on track, baseball and football fields, you need a

"ONE-MAN" STEEL TAPE

Hundreds of school and college athletic associations are now using our tapes and would not be without them.

The tape soon pays for itself, as the self-holding end eliminates the second man. Only tape taking inside measurements accurately: line for pole vault and high jump. Highest grade materials and workmanship. Nickel-plated brass case - rust-proof inside and out. Buy of your dealer or order from factory.



Grogan Mfg. Co.

Bangor, Me.

"If it's a One-Man, it's a Grogan"

W Football and Basketball CLOTHING

WILSON-WESTERN Athletic Clothing for Fall 1922 embodies the latest ideas of leading University Coaches and Athletic Directors. Patented features and exclusive ideas make Wilson-Western Football and Basketball pants the most popular and easy-to-sell Athletic clothing on the market. In style, fit, general appearance and NECESSARY PROTECTION W. W. Football and Basketball pants are unexcelled.

Every item is doubly guaranteed by the maker and the distributor.

Manufactured by

**The Western Sporting Goods
Manufacturing Co.**

Sold Exclusively by

Thos. E. Wilson & Company



New York Chicago San Francisco

They Sell because they Excel!

THE DEFENSIVE END—"SMASHING OR WAITING"

BY

DR. GARFIELD W. WEEDE

Dr. Weede played at the University of Pennsylvania 1902-03-04. In 1904, while he received all the eastern newspaper selections for end with Tom Sherlin, Camp placed him first on his second All-American team, giving Walter Eckersall, a quarter-back, the other flank position on the first team. Dr. Weede has been a coach for eighteen years: Sterling College, ten years; Washburn College, four years; Camp Funston, one year; Pittsburg Normal, three years. He is known as the "Miracle Man" of Kansas, having won the Kansas State Conference Championship in 1915 while at Sterling College with an enrollment of fifty-three boys. In 1906 and 1907 at Washburn, he won Kansas State Championship, and the 1907 team was considered the Missouri Valley Champions, defeating Kansas University, Oklahoma University, Kansas Aggies and Colorado University. At Pittsburg he tied for State honors in 1920 and each year his teams have been runners up or strong contenders.—EDITOR'S NOTE.

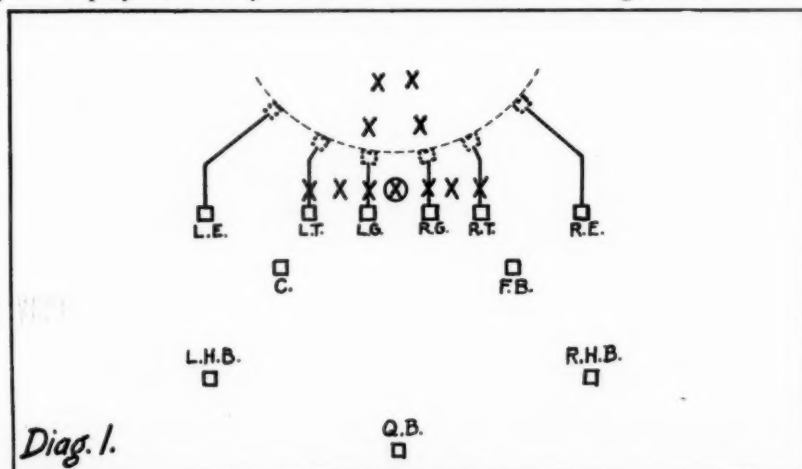


THE style of play of the defensive end has always been a much disputed point among football students. The introduction of the open and over-head game

brought this contention more clearly to a head as it introduced new phases of end play. The adherents of the various types of play are very set in their convictions regarding the relative merits of their respective systems.

There are two clearly recognized styles of play commonly known as

the "smashing end" and the "waiting end." The "smashing end" charges across the line of scrimmage fast and thence in towards the opposing backs in an effort to hem in the man with the ball, with the aid of the other linemen, in what is usually spoken of as a "cup defense." (See Diagram No. 1.) The "waiting end" jumps two strides across the line of scrimmage and there faces the play. After its character has been analyzed he suits his future action to the same. If the play is an outside tackle run or a line smash he charges into it with abandon, but if it is an optional pass or run he holds his ground, warding



Diag. 1.

Balanced line offense with "smashing" ends. This is the circle or cup defense with an open center.

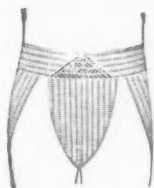
off the backfield men until the man with the ball has made his choice of plays. If the play is a pass he tries to break up those short, lateral-like ones and if a run is attempted he fights off the interference in an effort to nail the man with the ball. (See Diagram No. 2.)

Both styles of play are being used by the colleges and schools. The radical advocates of the one type of play can see but little virtue in the other; while those on the other side claim the merits are all for their system. These ardent adherents use the one style to the exclusion of the other generally. There are, however, many conservative coaches who combine both systems recognizing in each certain desirable features and so, vary the defensive play of the end according to the style of the play of the team on offense. It is not the intention of this article to take sides in this debate but rather to consider the claimed merits and demerits of each with an ultimate constructive idea in mind.

Before we review the claims of either system, it will be helpful, I believe, briefly to consider the duties of a defensive end so we may judge how nearly each style measures up to a standard. In the writer's judgment an end has done his duty when he has accomplished one of the four following things: (1) downed the man with the ball, (2) taken out of the play one man in the interference and driven the man carrying the ball down the inside to the other linemen's area of responsibility, (3) completely dumped the interference and by so doing forced the man with the ball to circle back outside him so the secondary or tertiary defense has an open tackle, or (4) intercepted, or batted down a short, lateral-like forward pass.

Advocates of either style of end defense will be willing possibly to accept the first three duties but the

Bennett No. 5



SUPPORTER

Made especially of full elastic web of our special weave.

Mr. C. F. Bennett was the patentee of the All Elastic Jockey Strap. Insist on Bennett No. 5 and you will have "the Best Supporter"

**"Whatever the Sport
We Make the Shoe"**



**Our Line of Shoes includes
the following:**

Baseball Shoes	Cross-Country Shoes
Tennis Shoes	Marathon Shoes
Golf Shoes	Jumping Shoes
Bowling Shoes	Road Running Shoes
Basket Ball Shoes	Indoor Running Shoes
Running Shoes	Bicycle Shoes
Football Shoes	Gymnasium Shoes
Boxing Shoes	Sheepskin Moccasins
Skating Shoes	Sheepskin Socks
Outing Shoes	Sheepskin Boots
Camping Shoes	Sheepskin Boots

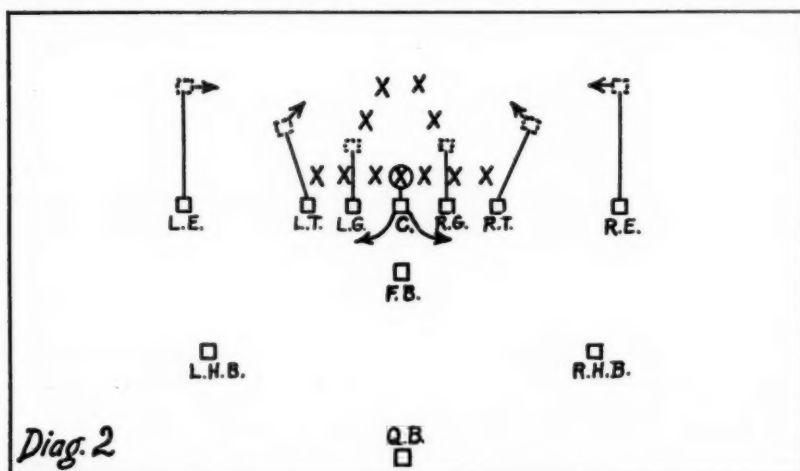
**Ask Your Dealer for
"Athletic" Brand**

The Athletic Shoe Co.

916-934 N. Marshfield Ave. CHICAGO

fourth duty is the bone of contention with the "smashing end" followers who will argue it has no place in an end's duties. The "waiting end" exponent will answer that a good end is never satisfied with the mere doing of his duty, but wants to have a part in completely breaking up every play of his opponent whether it is his especial responsibility or another's. The qualifications of a good end consist of being more than a battering ram against interference and a sure, deadly tackler. He must have a

plan of action and tackle him at least as soon as he reaches the line of scrimmage. The adherents of the "smashing end" come back at this argument with the idea that a special physical type of super-man would be required to play this brand of "waiting end" defense; for without doubt he must be rugged enough to keep on his feet despite the on-rush of the opposing backfield and not be swamped. And it seems they are right for, without doubt, this style of play does call virtually for tackles at end and al-



Balanced line offense with waiting ends. The primary defense consists of a line with a closed center.

happy faculty of diagnosing plays almost before they have started. He must vary his tactics—out-guess that versatile optional pass man—and in turn never himself be out-guessed.

Those favoring the "waiting end" claim that the short, semi-lateral forward pass can only be broken up by an end, because the tertiary defense must play deeper for long passes and the secondary defense cannot possibly cover this zone. They further contend that the "smashing end" on such plays is useless as the other line men can give the passer all the needed rushing when he passes and that should he select the run as his option, the "waiting end" can also change his

most always where the "waiting end" is played we find the use of a fast outward smashing tackle style of play assumes the ends' duties.


The "smashing end" enthusiast argues that the very great majority of plays attempted in a game are of the running order rather than passes. It is a serious weakening of the defense to resort to the "waiting end" policy, they say, in order to the more successfully cope with these few passes. When completed these should not net much yardage because of a strong secondary and tertiary defense. The "smashing end" style of plays also, oftentimes calls for the open center as seen in the secondary de-

fense (Diagram No. 1), in which case to break up these short passes they have two men, the centre and full-back, each three yards back and two yards outside each tackle. The end charging in fast also hastens the passer and less accuracy is noted. In case of the optional pass the "smashing end" is usually passed up by the backs as they are breaking for the open places and when the run is finally attempted the end has a clear tackle at the runner.


Contenders for the "smashing end" point out that no special physical qualifications are a prerequisite and that a fast, wiry, heady—though small—man can successfully cope with any offense. They call attention to the further fact that he is always following the ball more closely and when fumbles occur is in a better position to pounce upon the ball than is the end waiting out on his own flank for developments. The "waiting end" supporters emphasize the unique position of their ends on all criss-cross or reverse plays and attribute the success of many such plays to the blind "smashing end" caught asleep. This argument is countered by the defenders of the system by the statement that such mistakes are the faults of the individual end rather than the style of play and that for every successful reverse play worked on an alert end he will have to his credit two tackles from the rear when plays have been momentarily hesitated on the other flank.

Possibly one of the strongest points of the "smashing end" is the contention that the "waiting end" type of play allows the man with the ball too much time to gain his momentum and pick his holes before opposition is encountered; whereas the "smashing end" diving headlong under the interference as it is forming is quite often able to spill the man with the ball before

he has a chance to side-step. If the play is not entirely broken up it at



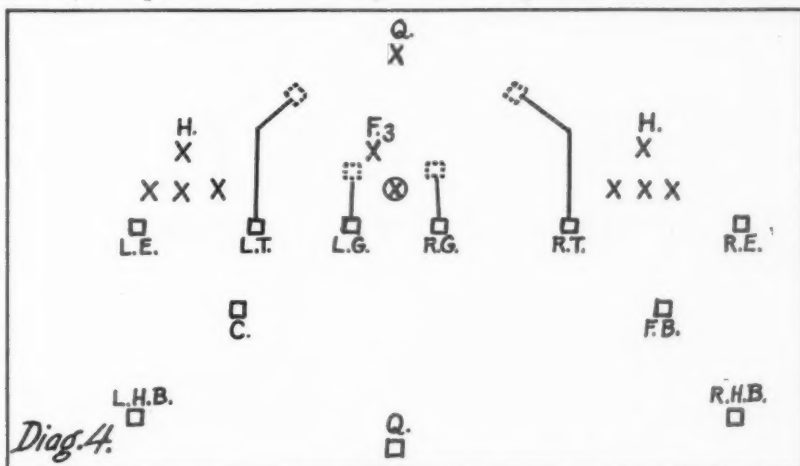
ATHLETIC AWARDS
Well Constructed Miniature Balls—Made in various sizes
Prices on size illustrated above any design—
10K SOLID GOLD \$5.00
Gold Filled or Sterling Silver \$2.50
War Tax 5 per cent extra
Athletic Medals and Cups—Class Rings, Pins, Fraternity Emblem Catalog on request.
METAL ARTS COMPANY
7761 South Ave. Rochester, N. Y.



**FOOTBALL
BLANKETS**
Immediate Shipment Guaranteed
Thick heavy wool—All colors
Dealers-Coaches: Write our nearest store
for samples of material and prices.
JOWE & CAMPBELL
ATHLETIC GOODS CO.
St. Louis, Kansas City, Dallas
Cincinnati, Minneapolis

watch and wait for reverse plays. In on-side kick formations the tackles and guards charge the kicker and the ends play the "waiting end" style to assist in breaking up the catching of the on-side kick. On extreme special formations by

runs and the ends without doubt will be needed to cover the eligible men on forward passes. On some peculiar shift formations to one side only the end on the short side of the shift is often coached to even drop back from the line of



The spread-open offense with smashing tackles and waiting ends. The secondary defense is spread out.

the offense where perhaps only one or two linemen or backs are left in position and the others are thrown to either or both sides then a "waiting end" style of play is indicated (See Diagram No. 4). In such formations the guards and tackles

scrimmage five or six yards and there wait as a secondary defense man until the character of the play is indicated. (See Diagram No. 5.)

Another point that cannot be overlooked in deciding the defensive play of the end is the position



An extreme shift offense with a smashing right end, smashing left tackle, and a waiting left end. This is a man for man defense for forward passes. See the numbers in the article for each man's responsibility.

should be able to rush the passes and prevent any line smashes or end

of the field at which opponents

(Concluded on page 56)

FLOOR PLAYS

BY

FRANK J. WINTERS

This article is a continuation of the article begun in the October issue. Another series of plays by the same author will appear in the December issue.

(V) The lines are formed so that the head man in each line will be about in the center of the floor—depending upon the length of the floor.

The ball starts from the side lines (1 and 3 may be on the side lines of the court) in Diagram 5, 1 has the ball and passes to 3. 1, after passing to 3, advances diagonally across the floor in the rear of the spot where 3 receives the ball, and

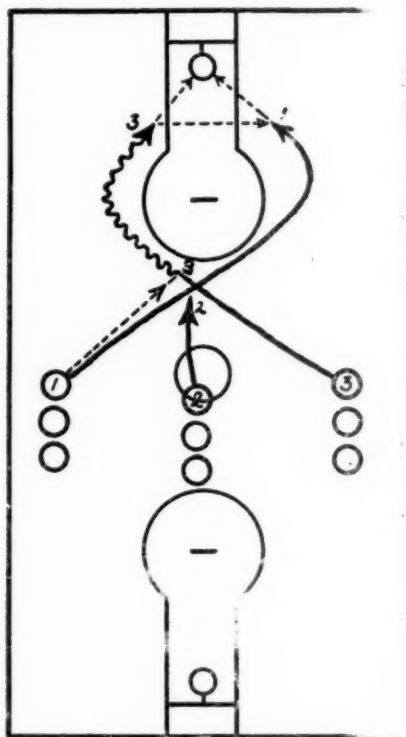


Diagram 5

approaches the basket from the opposite side at a forty-five degree angle. 3 receives the ball directly in front of the basket and near the free throw circle and dribbles so as to approach the basket from the

opposite side from which he started. 2 is the trailer down the center or he may be eliminated and only lines 1 and 3 used in practice.

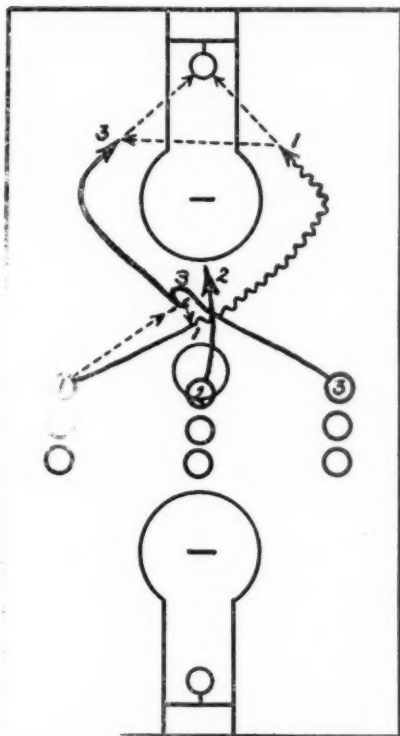


Diagram 6

(VI) This play is the same as Diagram 5 except that 1 passes to 3 who reverses and passes the ball back to 1. 3 then turns and continues across the court and approaches the basket as in Diagram 5, but without the ball. 1 after receiving the ball from 3, dribbles to the basket on the same side that he approached, as shown in Diagram 6. (VII) 1 and 3 play the same as in 6, except that 1 does not dribble to the basket but more towards the

side lines. He then reverses and passes the ball to 2 at or near the foul line. 2 may shoot or pass to 3 and 1 as they approach the basket.

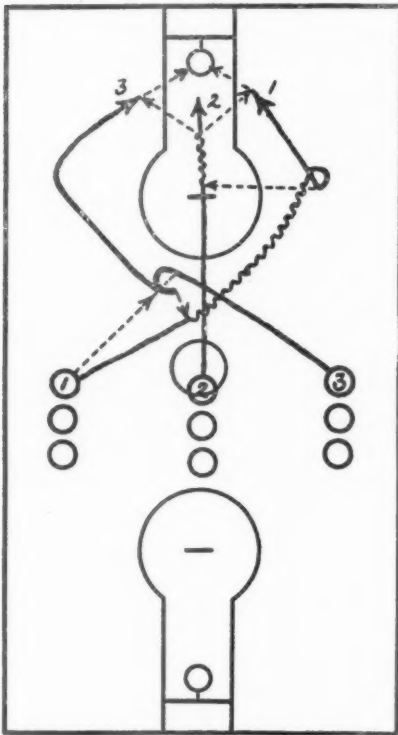


Diagram 7

(VIII) In this play 1 and 4 are the guards, 3 is the center and 2 and 5 forwards. 1 passes to 2 who passes to 3 who has cut in ahead. 3 reverses and passes back to 2 who dribbles in and passes to 4 who has cut across to the opposite side of the court, or he passes to 3 as he approaches the basket. 5 comes around the side and approaches the basket again from the center.

(IX) Out of bound plays. In formation 2, a forward, has the ball out of bounds. 1 advances to pick up the ball, turns by the guard and dribbles in to the basket.

(To be continued in December issue)

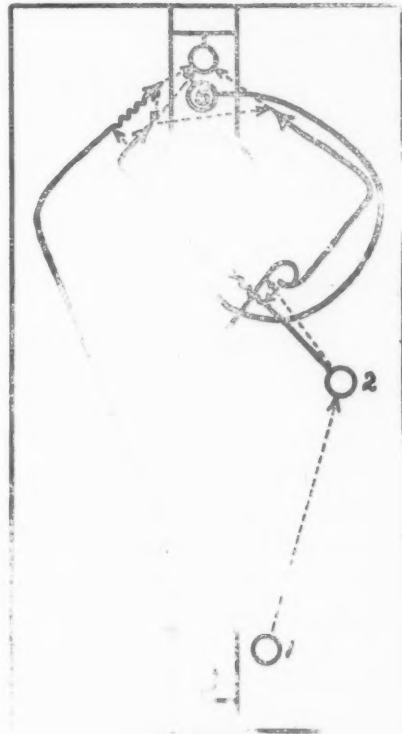


Diagram 8

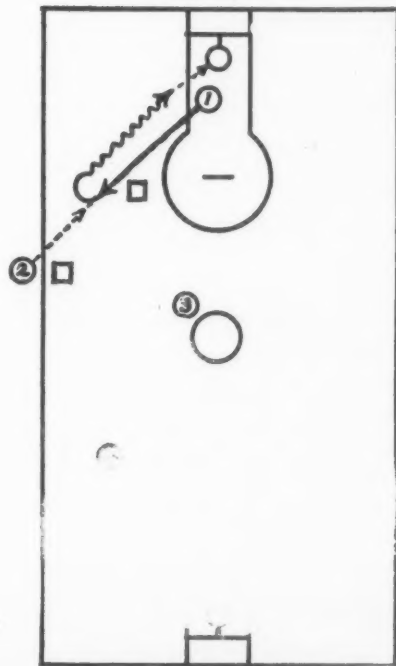


Diagram 9

AIDS TO COACHES

BAS

Griffith-Clark Physical Edu

7017 GREENVIEW AVENUE,

(Formerly Chimpa

THE AUTHORS

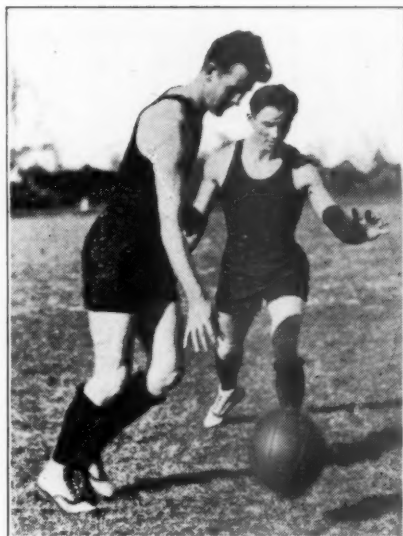
John L. Griffith^{*} Commissioner of Athletics, Western Conference. Chairman National Collegiate Athletic Association Track and Field Rules Committee. [Member N. C. A. A. Track and Field Meet Committee. Twenty years experience as athletic coach.

George "Potsy" Clark, Head Football coach. University of Kansas. Played on four conference championship football and baseball teams when a student at the University of Illinois. Was a member of the famous 89th Division Football and Baseball teams which won the championships of the A. E. F.

PURPOSE

The purpose of this service is to supply at a nominal cost to those coaches who desire to keep abreast of the game. This information combines the knowledge of two men—one with twenty years experience, the other one of the most brilliant athletes the modern game has produced.

IMMEDIATE DELIVERY!



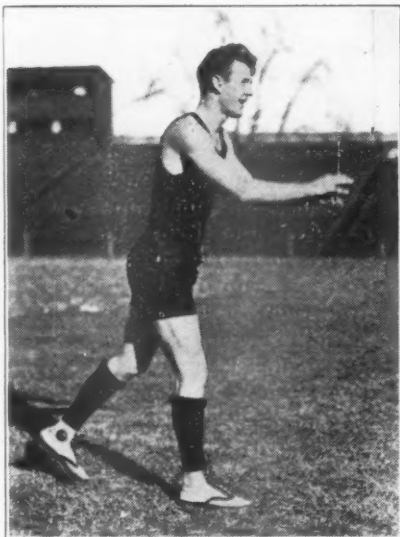
201. How to Teach Mass Basketball
202. Value of Fundamentals
203. Conditioning of Basketball Men
204. Dieting on or Before Day of a Game
205. Goal Throwing
206. Under Hand and Push Shot Compared
207. Close Up Shots in General
208. Ways of Practicing Goal Throwing
209. Free Goal Throwing
210. Passing in General
211. How and When to Dribble
212. How and When to Use Stops and Turns
213. How to Guard
214. Qualifications and How to Play Center
215. Qualifications and How to Play Guard
216. Qualifications and How to Play

Price of above articles, 25c each.

BASKETBALL FUNDAMENTALS

Education Service Company

VENUE, CHICAGO, ILLINOIS
(Champaign, Illinois)



Forward

217. Five Plays at Center (Diagrams)
218. Five Plays From Out of Bounds (Diagrams)

219. Five Plays From Tie Balls (Diagrams)

220. Five Plays After Free Throws (Diagrams)

221. Several Styles of Offense Discussed

Price of above Articles, 25c Each.
Complete Series, \$5.00.

222. Several Styles of Defense Discussed

223. Basketball Psychology, Generalship

224. Signals

225. Scouting

226. Arranging Schedule

227. What Practices Should Consist of and What They Should Be Like.

THE ADVANTAGES

The advantages of this service are:

1. Every fundamental of basketball, clearly and concisely written, is dealt.

2. Articles may be secured separately. Why buy a whole book when you need only the article on Stop and Turns, Guarding or a few new plays.

3. You may get the same service in Basketball, Track, Baseball, Organization, etc. A complete Library by the same authors.

4. Blank pages left in the Bound Series, so that you may add notes of your own, clippings about games, and notes from other authorities on Basketball.

SPECIAL FEATURES

Pictures—you can't teach basketball without pictures. These pictures may be ordered separately and posted in your gymnasium.

Diagrams! Five plays at center, five plays from out of bounds, five plays from tie balls; five plays after free throws. These too may be ordered separately to give out to your men.

Complete Series, Looseleaf or Bound, \$5.00

ORDER NOW!

THE FORWARD PASS AND DEFENSE AGAINST IT

BY

FRANK G. BLISS

Mr. Bliss played basketball and baseball at Ohio State University 1912-13-14, being Captain of the baseball team in his last year. He was Director of Athletics in the High School at Barberton, Ohio, 1914-17; Captain of Infantry in the U. S. Army 1917-19, serving as Director of Athletics for the Fifth Division U. S. Regulars in France and Germany; Director of Athletics in the Central High School at Akron, Ohio, 1919-20. Since 1920 he has been Director of Physical Education and Baseball Coach at Miami University, where he has organized and established a Summer School for Athletic Coaches.—EDITOR'S NOTE.

TECHNIQUE OF THE PASS



THE side swing pass and underhand pass are of no great value and are obsolete. The pass in use today is the spiral pass and it should be thrown overhead. The overhead method of throwing the spiral pass admits of greater distance, speed, accuracy, and is more difficult to block or knock down than the underhanded spiral. The technique of the throw is as follows. Hold the ball near the end and between the thumb and fingers, the latter gripping the ball firmly along the lace. The throw should be made overhanded in exactly the same manner as a baseball would be thrown. At the start of the throw the palm of the hand should be upward with the long axis of the ball pointed and slightly tilted in the direction of the throw. The spiral movement is imparted to the ball by twisting the arm and wrist across in front of the body and by allowing the ball to roll off the fingers at the finish of the throw.

A team should be drilled in a combination of passes in order to be able to cope successfully with changing conditions of a game. The question as to where to pass involves the making of long and short passes, those to the right and left, over center, etc. As a rule the pass

should be direct and should be thrown with as much speed as possible so long as the receiver is able to handle it. The passer should take his time and not hurry a pass. By backing away ten or fifteen yards, along with dodging and sidestepping, he will have an opportunity of looking over the field and picking out a free man. The passer can also pass after a run of five or ten yards to the right or left. This preliminary action on the passer's part has the added advantage in that it tends to deceive the opponents by making them think that a run is being attempted instead of a forward pass. Indirect forward passes are always delayed or preceded by a fake play in order to draw the attention of the opponents away from the point of the pass, or they are made after one or two backward passes and possibly a run out to the right or left. Forward pass plays of this type as a rule are more successful than the straight pass. In all cases, the passer must be at least five yards back of the scrimmage line when the pass is made. All the players should be taught the technique of the pass, and this instruction may be imparted by arranging them in various formations for practicing throwing and catching.

FORWARD PASS DEFENSE

For a defense against forward passes, the following systems are in use:

- (a) Man for man;
- (b) Zone;
- (c) Combination of the two.

The man for man defense involves the covering of each eligible offensive man by a certain defensive man. In other words, the defensive man plays the offensive man by picking him up the instant he realizes that the play calls for a pass and stays with him, keeping himself between the goal line and his opponent until the ball is passed. Then, he immediately plays the ball and attempts to get it or knock it down. A definite set standard of defense must be laid down in order that there will be no confusion whereby two defensive men will be covering the same offensive man. The men must know just what is expected of them and then be carefully drilled in execution.

A great number of college teams in using the man for man defense let the halfbacks cover the end men on their side, the fullback takes the first backfield man out, the center the next backfield man out, and the right guard takes the safety man or the last backfield man out. With the halfbacks watching the ends at the instant the ball is snapped, they can as a rule tell that a pass is in the making if the ends break clear and start running. In this case, the halves should immediately call out a warning as, "Pass-Pass". The ends, tackles, and left guard charge in on every play and attempt to mess things up—in case of a pass, they should hurry it and block it,

if possible. In the event that the offense attempts short lob passes over the head of the end charging in, it is well to have the ends delay a little and play conservatively.

(Concluded on page 55)

ATHLETIC POSTERS
ALL KINDS
SUPERIOR COLOR PRESS
TOLEDO, OHIO
SEND FOR CATALOG

Stall & Dean

2339 LOGAN BLVD.
CHICAGO, ILL.



No. 7040

Made in—

Flannel
Drill
Khaki Cloth

Makers of Highgrade
Football & Basketball
EQUIPMENT

Write for Catalog



Copyright by Medallie Art Co.

We standardize your awards—
 make them invaluable to your
 organization and mean some-
 thing to your winners.

Consult our service department
 on your next order.

MEDALLIC ART COMPANY

137 East 29th Street

NEW YORK

THE MERITS OF DIFFERENT FORMATIONS BEHIND THE LINE

BY

L. L. MENDENHALL

Mr. Mendenhall is Athletic Director at Iowa State Teachers College. He formerly was a member of the Football and Track teams at Drake University and later at the University of Iowa. Upon graduating he coached High School football with marked success and later developed a splendid college team.—EDITOR'S NOTE.

THE principles of football plays are much the same the country over. A coach will shift his offense from year to year to suit the material at hand. New plays and formations revive the spirit of the experienced player as well as the fan, but usually the coach's basic system will remain the same. The scout who has followed our best teams, every game of the season for several years, and carefully kept a file of all the plays used by any given team, will tell us that coaches used formations and plays which have been previously used. With a perfectly catalogued scouting system it is possible to tell, after the second game, in the main, what style of plays to expect for the succeeding games of that season. As we study these plays, our attention is centered on the different formations behind the lines, because the backs are the striking unit of the offense.

In considering the merits of different formations behind the line, we will study the principles on which these formations are founded, not laying so much stress upon the formation itself, but trying to find out why a formation is good and how to make plays for that formation.

If there were only one style of defense to be encountered during a season, a coach could easily decide upon his offensive formations, but these formations must be elastic enough so that a variety of plays can be used from them. Most teams have too many formations with too

few plays for each formation. Many plays are strong against one team and weak against another. This will depend upon the individual players and the defensive methods encountered. When the general style of defense is known, it is easy to decide what men must be removed to make the play go.

There are various standard distributions of the linemen with seven or more men along the line of scrimmage and either a balanced or unbalanced line. The ball may be in any position along this line. The backs may be in box or diamond formation, tandem, parallel to the rush line, or arranged in any other position which will give concentration. Concentration is the key note to a successful attack. They must be so arranged as to get to the point of attack at the earliest possible moment with the maximum driving power.

When a line buck or fast charging play off tackle is to be used, most coaches will use the quarterback to handle the ball. The charge of the quarterback is sacrificed in order that the back carrying the ball may hit the line more quickly and harder. In the more open plays, the direct pass allows the man carrying the ball to receive it sooner and more quickly get a survey of the attacking line and possible holes for a quick cut. He is not hampered by waiting for the pass from the quarterback and wondering whether it will be good or not. The quarterback will also run better interference without han-

dling the ball from the center. A fast halfback is often slowed up by the fact that the other backs were not shifted wide enough and are too slow in blocking the defensive end and tackle.

There are seven points to attack in the six-man defensive rush line and eight when a seven-man line is used, one on either side of the center, two outside of the guards, two outside of the tackles and two around the ends. These points may be rushed with a massed plunging formation of the backs or by deception which includes split bucks, criss-crosses and delayed runs.

If a tandem is used, one or two backs should plunge through the opening to be made for the runner with the ball. Often the line will be wavering and the charge hanging in the balance until the concentrated shock will drive it forward. A common fault among backs is not to realize the importance of their charge unless they are carrying the ball. The straight line

plunge by a halfback from T formation is effective because of the speed with which he can hit the opening. There are small openings for a fraction of a second at the impact of the two rush lines which a fast, hard-hitting back may plunge through. They seem to close and open again, remaining open longer the second time, but this time they close to remain closed and opportunity has passed.

It is at this second opening when the cut-back is so effective. The back receiving the ball, preferably by direct pass, starts for the side line parallel to the line of scrimmage, trotting at half speed with his weight well in hand, ready for a quick cut when the opening appears. As he crosses the line of scrimmage, he will usually encounter the first defensive back and will be forced to cut-out again behind the defensive end or reverse the field behind the defensive line, often to find himself in an open field.



HYDE PARK HIGH SCHOOL FOOTBALL TEAM

Football and Basketball TRAINING SHIRTS

These shirts are being used by many of the large Universities. They are warm, inexpensive, cover the head and are easily laundered.

PRICE \$30 PER DOZEN

ILLINOIS EQUIPMENT COMPANY

CHAMPAIGN, ILLINOIS

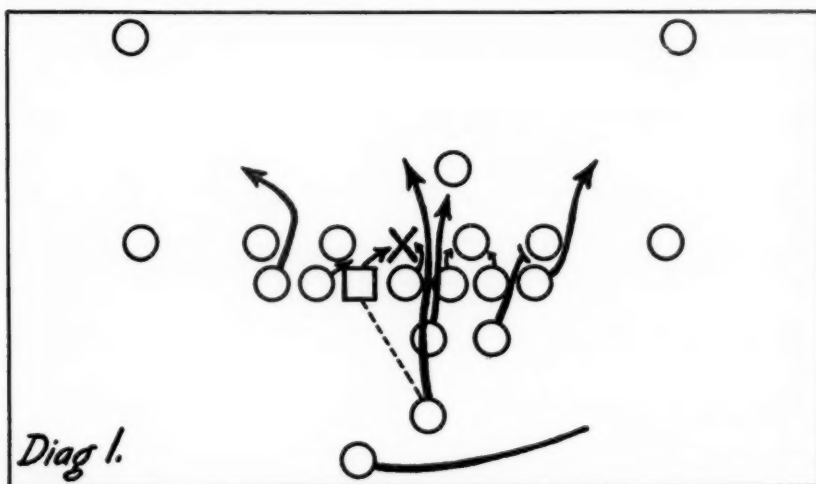
John Van Liew,

Manager

Wide sweeping plays, intended to circle the ends, are something of the past. So if the mass formations and the cut-backs are not working, some of the standard deceptions must be used. The de-

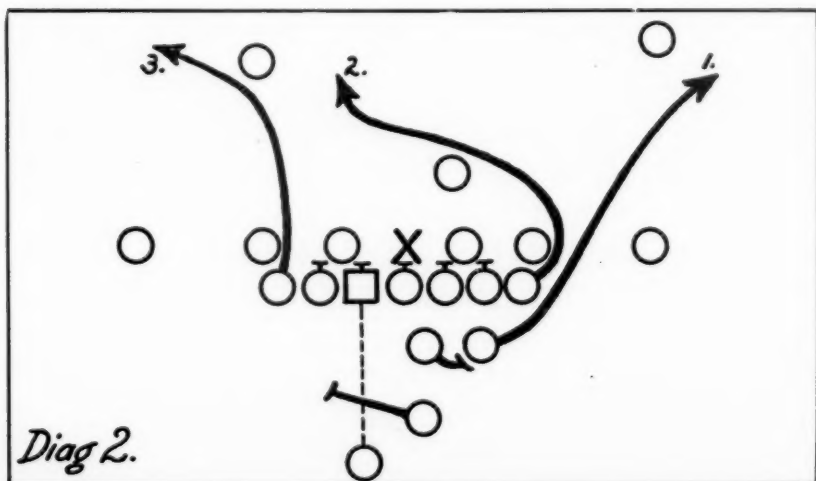
ine that you are wasting him on this play. These deceptive moves of the backs often seriously divide the attention of one or more of the best defensive players.

Many offensive formations are



layed split bucks are designed for erratic defensive linemen who are charging obliquely or slicing through without playing their position. The criss-cross and delayed runs are intended for the same type of an end who charges obliquely and blindly. When you send the back on a fake errand, don't imag-

weak because they do not have a sufficient number of check plays. Any kind of a play may be used that will prevent the defensive players from immediately re-enforcing what appears to be the point of attack. If you are using a shift with an unbalanced line, every indication is that the attack will be on the



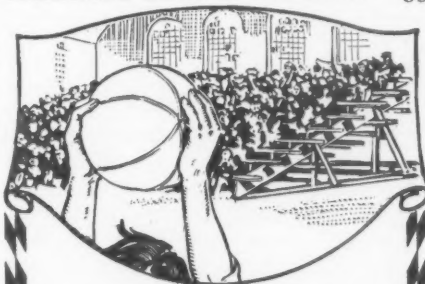
strong side. As the defense shift to meet it, a play off the short side or a delayed buck will not only be a surprise attack for yardage, but will strengthen the original play after the check has been used.

With these same formations for the running and plunging plays should be mixed the aerial attack. With the correct use of the forward pass, the aerial route adds many yards when the defensive backs close in to support a weakened line, as well as make line plays good with the threat of a pass. The optional pass is one of the hardest plays in football to stop. For a complete treatise of this play by a master of its execution, the reader is referred to the September number of the Athletic Journal. After a successful passing combination has been found, the big job is to get the receiver into an open space. This is usually to the rear of the defensive backs, where an open space has been left because of a deception or just behind a charging end and tackle.

The other avenue of aerial attack is the kick. It is clearly an offensive rather than defensive measure and transfers the struggle one-third to one-half the length of the field. The running kick, when properly executed, is very effective because the defensive backs are closing in to stop what appears to be a sweeping end run. A kick from regular formation, with the kicker eight to ten yards directly behind the middle of the line and two backs in front of him on the side of his kicking foot, and one on the opposite side, is more commonly used. This formation is easily adapted to any form of attack. The threat of a pass or kick opens up the defense for a quick line plunge, while the threat of a run ending in a pass often leaves the receiver of a pass in a space opened by this deception.

Almost any formation behind the line, which has concentration for

(Concluded on page 39)



Extra Seats

At a Moment's Notice

Provide for the overflow crowd or the entire crowd, with seats suitable for temporary or permanent use, indoors or out — **KNOCK-DOWN BLEACHERS.**

No crowd too wild or too heavy! Weight and strain only pull Knockdown Bleachers the tighter together. Seatboards, footboards and stringers are heavily ironed. (See details of construction in panels below.) Footboards are below seats to prevent clothes from being soiled by feet. Sections are 14 ft. long, 3 to 15 seats high. Can't mar finest floors.

Colleges, large and small consolidated schools, high schools, Y. M. C. A.'s industrial plants and clubs from coast to coast are among their satisfied users. Many customers buy additional Knockdown Bleachers year after year. Write for circular and prices today.

LEAVITT MFG. CO.

380 Griggs St. Urbana, Ill.

Up for a day---or, to stay



PHYSICAL EDUCATION

BY

DR. P. E. BELTING

(Continued from the October Number)

A second problem then in the physical education program is to overcome the social inertia respecting it. An intelligent and enlightened public opinion must be developed. The community must be convinced of the importance of the culture that can be given the body. The time must come when the buildings, equipment, grounds, and teachers for physical education are as suitable to the work as similar provision for the so-called academic subjects of study. Society of a democratic kind for its own proper development must see that the program of health isn't alone one of inspection and remedy, but that it must be preventive as well. However much children need remedial treatment, a more far-sighted policy would try to give medical service to the strong and well in order to prevent them from becoming sick. The old pioneers' conception that medical attention is necessary only when one is ill should be replaced by an ideal which demands health service for children while they are well. A proper program of physical education, therefore, should be concerned with health.

Such a program can only be carried out by the public school. When the community has realized, as it should, the necessity of physical education it will employ on its staff health teachers, nurses, doctors, and supervisors of the physical welfare of the pupils. Not only is there an unlimited opportunity presented for the proper care of health presented by the American system of public education to which we have committed ourselves but also there are great dangers to health in the system itself. Democracy has committed itself to a system of compulsory elementary education and is now demanding univer-

sal secondary education, and passing compulsory part time and continuation school laws, but it has given too little attention to the size of school grounds, and the amount of space in which children can play; democracy is compelling children to go to school but giving insufficient regard to such problems as seating, heating, ventilating, eye strain, and sanitary buildings. Tests and measurements have been given in numerous instances to determine mental intelligence and mental alertness, but scarcely any studies have been made of the part that the physical condition of the pupil plays in the outcome of such examinations.

It may be safely and sanely said that democratic communities have just begun to provide adequate gymnasiums, sufficient, and suitable physical education equipment, large enough grounds, and professionally educated physical education teachers. High schools and grades alike have hardly started campaigns for better teeth, clean bodies and suitable clothing, correct standing and sitting positions, for wholesome food, sufficient sleep, legitimate exercises and games for all instead of for a few of the pupils. These have been regarded as private affairs without the domain of the school, but when democracy realizes that the individual went to jail or the hospital because the community did not give him a chance, it will see how heavy are the social obligations resting upon it in these respects.

"Wouldn't it be a sensible article in the creed of every high school to announce that high school pupils would be guided through the critical period of adolescence with the best possible physical health and vigor? To do this it must begin

with a thorough physical examination which will denote defects and prescribe certain individual treatment. It will notify the home when medical care is needed, and indicate certain tasks of physical improvement that it can much better perform than any other agency. It will give a thorough course in personal and community hygiene. The biology laboratory will afford a fitting introduction to a scientific interpretation of certain vital physical facts that the home does not, but ought to teach and give an understanding of the elements of bacteria as applied to food and household hygiene."⁽³⁾

In fact the teaching of biology and physiology must be of such a nature as to recognize that a structural study of plants and animals isn't sufficient for realizing their functional importance for the physical welfare of all of the pupils in high school. The knowledge of the number of bones in the human skeleton isn't as conducive to good health as the habit of brushing ones teeth; a knowledge of the number and structure of the teeth isn't so valuable as their care; the ability to trace the circulation of the blood from the heart through the ar-

teries, capillaries, and veins lacks the importance in health for the large majority of pupils that the



Wrestling Book FREE

Be an expert wrestler. Learn at home by mail. Wonderful lessons prepared by world's champions Farmer Burns and Frank Gotch. Free book tells you how. Secret holds, blocks and tricks revealed. Don't delay. Be strong, healthy. Handle big men with ease. Write for free book. State age. Farmer Burns School, 3888 Railway Bldg. Omaha, Neb.

SOMETHING NEW



Our newly designed Gold (or Silver) Football is an exact reproduction of the Regulation Playing Ball in miniature. We have even given it a Pigskin Finish, showing the leather grain.

Samples and prices now ready for mailing.

Dieges & Clust

58-64 West Randolph St.
CHICAGO, ILLINOIS

15 John St.
New York City

Oliver Bldg.
Pittsburgh, Pa.

78 Tremont St.
Boston, Mass.

(3). Lewis, Democracy's H. S.



No. 1, F. S. B.

We Manufacture ATHLETIC CLOTHING for Men

Tell Us Your Needs

and let us figure upon your requirements. FLANNEL BASKETBALL PANTS, two grades, many colors, also olive, drab or khaki. Worsted or Cotton Shirts, white or colors. Running Pants, Supporters, Hose, Cotton or Wool.

ALDRICH & CHANCELLOR

1857 N. Milwaukee Ave.

(Cor. Oakley Ave.)

CHICAGO, ILL.

eating of wholesome food, taking of sufficient exercise, and plenty of fresh air has; a knowledge of the structure of the cells in plants and animals can hardly have the significance for the next generation that a study of bacteria has in its relation to the care and preservation of health. It has been recognized occasionally that physiology and biology have been too often taught from the standpoint of developing technical experts out of all the high school pupils rather than giving them an understanding of the function of the body for instance in reproduction and its problems. It is possible for high school pupils to pass a perfect examination in the structure of biology and physiology, but at the same time have little conception of these subjects in relation to health. The point to the teachings of these subjects is that the science to be of value in physical education to the large majority of pupils must be carried over into living situations.

Physical training in the past has too often been thought of only as a tool subject in which certain skills were to be developed and certain exercises engaged in for the purpose of health and muscular development. But just as in the case of replacing manual training by the study of industrial arts so it is highly desirable to replace physical training by physical education. In the elementary school it is entirely feasible and legitimate to emphasize the importance of physical strength in the biographical history and the heroic tales which children study. Many children are impressed with the powers of Jack the giant-killer; the wonderful and mystical physical ability of Samson; the tremendous power of Hercules in all of his exploits; and the untiring efforts of Ulysses in his travels. Chivalry appeals to the high school youth in part perhaps because of the endurance and the physical skill required of knight-

hood. Perhaps the youthful veneration for Washington in his struggle with the Indians, his physical strength and agility as well as his matchless leadership in battle have the same explanation. It seems to be appropriate wherever possible in the public school to call the attention in connection with the nation's heroes such as Washington, Jefferson, Monroe, Adams, Jackson, Lincoln, Grant, and Roosevelt to the well-nigh perfect physical body. That is one reason at least for their great influence on American life.

Physical education, moreover, furnishes a very legitimate means for engaging the leisure time of high school pupils and may serve to entertain the school patrons in the community through the school's athletic contests. Generally speaking, many of the forms which physical education takes come after school hours. On other grounds the after-school periods for extra curricular activities may not be entirely justified, but football, basketball, track and field work, and baseball, to say nothing of the rapidly developing intra-mural games, may and do serve to engage the activity of high school pupils in wholesome forms of recreation. This regularity of training which requires that the athletes use a certain amount of time in the varied forms of practice; the skills that are begun and promoted in athletic work; and the development of the ideals of sportsmanship are by-products, in a sense, of the regular use of high school pupils' time after school. Boys, especially, had better be spending their otherwise idle hours in the preparation for athletic engagements, or just for the purpose of amusement and recreation, than loafing on the downtown corner or whiling away their time in questionable smokehouses or billiard rooms about town.

(Continued on page 56)

THE MERITS OF DIFFERENT FORMATIONS BEHIND THE LINE

(Concluded from page 35)

the attack, standard deceptions and checks on the main plays coupled with the threat of an aerial attack by either pass or kick, may be successful. Spreads, sudden shifts of the rush line, and other complex formations have not endured. Simple and well directed plays have given the best results.

The diagrams on page 34 are formations from which many plays may be used with slight variations. They have concentration for the attack, are adapted to standard deceptions and checks and there is the constant threat of an aerial attack.

WANTED!

Man to teach courses in Physical Diagnosis and Orthopedics.

Address-Geo. Huff, Director School for Athletic Coaches University of Illinois, Urbana, Illinois.

MATS

WRESTLING and GYMNASIUM

Get our prices and method of construction. Then be among our satisfied users.

Old Mats Recovered

DE MOIN Products Satisfy

Des Moines Tent and Awning Co.

913 WALNUT STREET
DES MOINES, IOWA

COACHES, MANAGERS— ALL READY TO GO!!

Write Today for Catalogs, Price Lists and Samples!

See with your own eyes how wonderfully prepared we are to supply you with every requirement for



**Foot Ball
Basket Ball**

**Soccer Ball
Gymnasium**

We are direct representatives of the best known sporting goods houses, with a vast volume of business which enables us to render unmatched service and to keep our prices at rock bottom.

Prompt Deliveries and Absolute Satisfaction
Guaranteed

Please write today to help us to properly handle the rush.

HONUS WAGNER

SPORTING GOODS CO.

WHOLESALE—RETAILERS

438 WOOD ST.

PITTSBURGH, PA.

A YEAR'S PROGRAM FOR REQUIRED WORK

BY

JOHN L. GRIFFITH

The previous installments of a year's program appeared in the September and October numbers of the Journal. The activities outlined in this program are suitable for both High School and College students—EDITOR'S NOTE.

17. Seventeenth Day.

A. Calisthenics.

- a. Place the left foot and arms forward, 1. Place the left foot sideward and arms sideward, 2. Return, 3 and 4 (only the toe touches the floor).
- b. Place hands in front of shoulders, 1. Bend upper trunk backward, 2. Return, 3 and 4.
- c. Hands on hips. Place. Stride left forward, 1. Lower the trunk forward, 2. Return, 3 and 4.
- d. Raise the left knee forward, 1. Raise arms sideward, 2. Lower arms, 3. Lower knee, 4 (slowly).
- e. Raise arms forward, 1. Bend trunk forward and touch the floor, 2. Return, 3 and 4.
- f. Fall to a squat stand, hands on floor, placing the left foot sideward, 1. Return, 2. Same right (squat stand, bend knees deep, hands on floor between knees).
- g. Deep breathing.

B. Group Game for Aggressiveness.

- a. Wrestling—how to get behind the opponent.

First Method—Both wrestlers are on their feet watching for an opening. If the opponent is a good wrestler it may be taken for granted that he will have his elbows in close to his body rather than raised. This being the case maneuver to get him to reach forward with his left hand.

As he does this reach out and grasp his left elbow with the left hand, knocking his left hand aside with your right hand to keep him from grasping you with that hand. Then pull him toward you and across your body. This will turn him so that by a quick movement you can slip behind him. The same method may be applied to his right arm if that is the one extended.

Second Method—If opponent has Referee's hold, place your right hand under his left elbow and raise his left arm in the air; at the same time step forward and place your foot outside of opponent's left foot and your left hand in his crotch and pivot to rear by ducking under his raised left arm.

C. Mass-Football.

Line Blocking. Divide the section into halves and oppose one-half against the other. Let one side represent the defense and the other the offense. At a starting signal the men on offense attempt to block opponents with their shoulders. The defense charges and by the use of the hands attempts to keep opponents from getting their shoulders against the defensive men's bodies.

18. Eighteenth Day.

A. Calisthenics.

- a. Stride left sideward, 1. Raise arms sideward up-

- ward, 2. Return, 3 and 4.
- b. Bend arms to thrust as starting position. Bend. Lunge left forward, 1. Thrust arms sideward, 2.
- c. Raise arms sideward, palms up, 1. Turn head left, 2. Return, 3 and 4.
- d. Hands on hips. Place. Bend knees half deep, 1. Straighten arms sideward, 2. Return, 3 and 4 (slowly).
- e. Bend arms to strike from head, 1. Lower trunk forward, 2. Return, 3 and 4.
- f. Fall to lying rearways. Raise both legs forward, 1. Bend the knees, 2. Return, 3 and 4.
- g. Raise arms side-upward and inhale. Lower and exhale.
- B. Group game for Aggressiveness.
- a. Wrestling—How to get behind an opponent.
Third method—To get

behind from Referee's hold. (Similar to Number two.) When he places his left hand on your neck, throw your head back to make him release his grasp. Then place your right hand, thumb well extended, under his left arm just above the elbow. Push his arm upward across to your left. Then drop your left arm around his waist and quickly slip around behind, grasping him around the waist with both hands. Be sure to use the wrestler's grip.

Fourth Method—To throw him to the mat and then go behind. First—get head lock by placing left fore-arm across opponent's face, grasping your own left wrist with right hand. Pull opponent forward and throw him to his knees. As the pull forward is given

Foot Ball For High Schools

BY

CHARLES W. BACHMAN

Coach of Foot Ball

KANSAS STATE AGRICULTURAL COLLEGE

MANHATTAN, KANSAS

Page 5:

Injuries to the Knee—One of the most frequent and most bothersome injuries we have to contend with, is a straining or tearing of the inner or outer ligaments of the knee joint. It usually results from a blow from directly ahead or either side, but it may be the result of the leg being doubled underneath in falling. The most serious cases of knee trouble recover, under proper treatment, usually within three weeks. Hot applications of Antiphlogistine applied locally under woolen bandages is a great aid in hastening recovery. Fixation bandages in the form of two-inch adhesive tape to give complete rest by means of artificial support to the injured part is imperative.



FIRST AID TO THE INJURED ATHLETE

A copy of Dr. Glimstedt's book—"Conditioning and Training in American College Athletics, and the Treatment of Athletic Injuries," will be sent, all charges paid, upon receipt of request.

THE DENVER CHEMICAL MFG. CO.
NEW YORK CITY

him be careful to jump back to prevent him from grasping your legs. This jump also assists in throwing him to the mat. As he falls to mat go behind by placing your hand on back of his neck. This will hold him down.

C. Mass Football.

Running with the ball. One man receives punts while two ends go down under the ball which is kicked by a punter. The ends attempt to tag the receiver of the punt who catches the ball and attempts to bring it back without being tagged. Men change positions after each play.

19. Nineteenth Day.

A. Calisthenics.

- a. Step left forward, 1. (Complete transference of weight.) Swing arms side-upward, 2. Return, 3 and 4.
- b. Bend the upper trunk backward, 1. Raise arms side-ward, 2. Return, 3 and 4.
- c. Hands on hips. Place. Raise left leg forward, 1. Turn head left, 2. Return, 3 and 4.
- d. Hands on hips, place. Lunge left forward, 1. Lower trunk forward, 2. Return, 3 and 4.
- e. Fall to a seat with legs crossed. Down first with assistance of hands, then without hands.
- f. Playform. Couples face each other, both raise the left leg forward and grasp your partner's ankle with right hand. Left hand on partner's shoulder. Hopping in place. Begin. Halt. In position, stand.
- g. Deep breathing.

B. Group game for Aggressiveness.

- a. Wrestling—how to throw opponent when behind.

First Method — Grasp him around the waist close to the hips, with wrestler's grip, bending his body to the right. He will resist by leaning to the left. Quickly shift and lift opponent, at the same time knock his feet out from under him by striking against his left knee with your left knee. He will then fall to the left.

Second Method—Another method of throwing an opponent when you are behind is to place the palm of your left hand in the middle of his back, at the same time grasp his right ankle with your right hand, and lift his leg from the ground with the right hand, at the same time pushing him forward with the left hand.

C. Mass Football.

Using a tackling dummy and a sand pile each man should be given practice in tackling. At first the men should tackle following a short run. Later they should run hard and from a greater distance.

20. Twentieth Day.

A. Calisthenics.

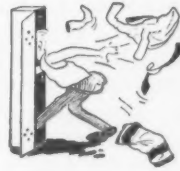
- a. Alternate bending arms to thrust and swinging arms side upward. Bend arms to thrust, 1. Lower, 2. Swing arms upward, 3. Return, 4.
- b. Swing left leg forward, 1. Return, 2. Right leg, 3. Return, 4. Swing waist high.
- c. Hands on hips. Place. Turn trunk left, 1. Straighten arms sideward, 2. Return, 3 and 4.
- d. Fall to squat stand. Fall. Straighten the legs back-

- ward, 1. Repeat, 2. Repeat often. To a stand, straighten.
- e. Hands on shoulders. Place. Step left forward, 1. Kneel right, 2. Return, 3 and 4.
- f. Running in place with knee raising forward. Raise and run.
- g. Deep breathing.
- B. Group Game for Aggressiveness.

Wrestling—how to throw opponent when behind.

Third Method—Starting with both arms around his waist step quickly on the side of his right ankle or foot with your right foot and at the same time twist him sharply to the right, as he falls follow him to the mat, watching for openings for the next hold.

Fourth Method—With both arms around his waist step forward with your right foot, placing foot in front and to



Sells Soap Saves Time

Slip a penny "into the slot" and out comes an individual cake of Palmolive Soap. Saves time, temper and bother for everybody.

Palmolive Vending Machines are loaned FREE of charge with a small order of soap.

In addition to Palmolive, we can also supply *Rose Bath*, a pure white floating soap, and *Old Black Joe*, a tar soap of high quality.

Ask for samples... and prices

Industrial Department

THE PALMOLIVE COMPANY

Milwaukee, Wis.

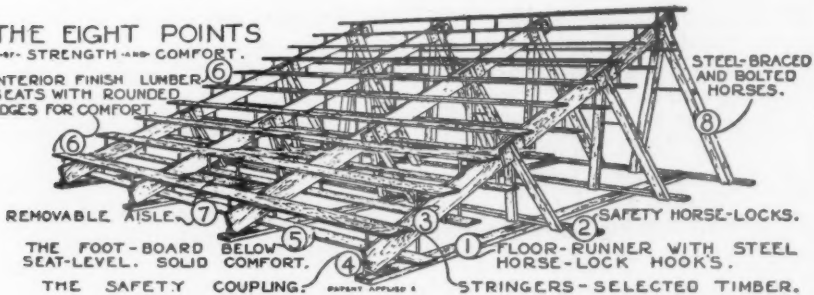


David & Alexander Building Machine

THE EIGHT POINTS

STRENGTH AND COMFORT.

INTERIOR FINISH LUMBER SEATS WITH ROUNDED EDGES FOR COMFORT.



REMOVABLE AISLE.

THE FOOT-BOARD BELOW SEAT-LEVEL. SOLID COMFORT.

THE SAFETY COUPLING.

STEEL-BRACED AND BOLTED HORSES.

SAFETY HORSE-LOCKS.

FLOOR-RUNNER WITH STEEL HORSE-LOCK HOOKS.

STRINGERS—SELECTED TIMBER.

For Seating Football Crowds

How "Circle A" Portable Bleachers provide economy, comfort and safety

"Circle A" Portable Bleachers are made and taken down in standard sections 30 to 150 seats. They can be set up entirely without tools. By using them three men can provide seats for 100 people in fifteen minutes, and for 1,000 or 10,000 at a similar rate.

They are made up in nine types of standard sections. sections of the smallest type providing 30 seats in three tiers, and the larger type

sections providing 150 seats in 15 tiers.

Write or wire us giving the number of seats you want and the number of tiers you prefer --if you have a preference. We can send you prices by return mail.

THE ALEXANDER LUMBER CO.

"Circle A" Division

CHAMPAIGN, ILLINOIS

"Circle A" Portable Bleachers

the left of opponent's right foot. Then force him forward with your body and follow him to the mat, falling on his back. Be sure to execute this move quickly, otherwise the other man will throw you by grasping your right foot and twist you over on your side.

Fifth Method—Pull opponent backward with a sharp pull at the opponent's waist. He will resist, expecting you to continue pulling back. Release him quickly and he will fall back because he has lost his balance.

21. Twenty-first Day.

A. Calisthenics.

- a. Swing arms sideward, 1. Bend arms to strike from shoulders, 2. Return, 3 and 4.
- b. Hands on hips. Place. Place left foot forward, 1. Lunge left forward, 2. Return, 3 and 4.
- c. Jump to side stride stand, hands on hips, 1. Lower trunk forward, 2. Return, 3 and 4.
- d. Place left foot sideward and bend right knee, 1. Raise arms sideward, 2. Return, 3 and 4.
- e. Fall to lying rearways. Fall. Hands on hips. Place. Straighten arms forward, 1. Arms lowered, 2. To a stand, jump.
- f. Raise arms side-upward, 1. Bend trunk left, 2. Return, 3 and 4. Same right.
- g. Arms forward. Raise. Carry arms sideward and inhale, 1. Exhale and arms forward, 2. Arms lowered.

B. Group Game for Aggressiveness.

Wrestling—How to throw an-opponent when in front.

First Method—Dive for his legs, making a football tackle.

Second Method—If he has

right foot extended grasp his right wrist with your left hand, grasp his right leg with your right arm and hand, drive shoulder to his chest, and at the moment of lifting his right leg off the ground, throw him on his back.

C. Mass Football.

Passing Game. Line one section up with five-yard intervals between men in the line. Place the backs at random behind the line and have one man act as a full back and have him always pass the ball. Oppose another section against the first and play a forward passing game. When opponents recover the ball they assume the offensive and using the same open formation attempt to gain ground by passing. The backs and ends each time agree to whom the pass will be made.

22. Twenty-second Day.

A. Calisthenics.

- a. Bend arms to thrust at shoulders, 1. Thrust arms sideward, 2. Return, 3 and 4.
- b. Bend knees deep, 1. Raise arms sideward, palms up, 2. Return, 3 and 4.
- c. Hands on hips. Place. Lower trunk forward, 1. Straighten arms upward, 2. Return, 3 and 4.
- d. Step left forward and place hands in front of shoulders, 1. Bend upper trunk back, 2. Return, 3 and 4.
- e. Lunge left sideward and place hands on hips, 1. Lower trunk forward, 2. Return, 3 and 4.
- f. Hands on hips. Place. Jumping forward 4 counts, half turn left with jumping 4 counts forward, jumping 4 counts half turn

left, 4 counts. Count 1 to 12.

g. Deep Breathing.

B. Group Game for Aggressiveness.

Practice wrestling for a fall to the ground. When any part of a man's body except his feet, hands or knees touches the ground he loses the fall. Pair men off according to size and ability and let all compete. For variety form the class in two circles. One circle, circles to the left and the other circles to the right. When the instructor blows a whistle the men in the inside circle engage the opponents opposite and attempt to throw them to the ground. The contest ceases when the instructor blows the whistle the second time.

C. Mass Football.

Line two sections up as opposing teams and play a kicking game. The receiver of

the punts may return until he is tagged by one of the kicker's side. No tackling is permitted. In case of a fumble the ball goes to the side which recovers it. When near the goal line the team on offense should attempt a goal from the field.

23. Twenty-third Day.

A. Calisthenics.

- a. Bend the left arm to thrust at shoulder and raise right arm sideward, 1. Return, 2. Same to the other side.
- b. Hands on hips. Place. Place the left foot backward, 1. Kneel right. Return, 3 and 4. Same right.
- c. Bend arms to thrust arms at shoulders. Bend. Lower trunk forward and thrust arms sideward, 2. Return, 3 and 4.
- d. Rise on toes and raise arms sideward-upward. Return, 2.



No. AAR.

---we back it with a guarantee never before placed on any basketball---that it will hold its size and shape for **THREE FULL GAMES**. Those who have had troubles with basketballs of various makes---just try the Horace Partridge No. AAR.

WRITE FOR BASKETBALL CATALOG NO. 106

*Wholesale prices to College & School Athletic Officials
--Give your position when writing us*

THE HORACE PARTRIDGE CO.

BOSTON,

ATHLETIC GOODS HEADQUARTERS

MASS.

Official Basket Balls Made on a Scientific Pattern

This official basketball is made on a special 11-piece pattern, all panels being T-shape. By reducing the length of the panels in any one direction, this minimizes the stretch of the leather and makes a ball with unusual qualities in holding its shape. Superior grade pebbled grain leather, tanned in Scotland. This ball costs slightly more than the 4-piece ball and is more than worth it.

- e. Hands in front of shoulders. Place. Bend upper trunk backward and straighten arms sideward, 1. Return, 2 (slowly).
 - f. Jump to side stride stand, and swing arms side-upward, 1. Close stand and arms side downward, 2. Fairly fast rhythm.
 - g. Deep breathing.
- B. Game for Speed.**
- a. Message relay. Formation: column of files. The first man is stationed at the finish line at a given distance from the file. A message is repeated to this man. At the starting signal he runs to the file and touches the man at the head of the file. The man-touched returns with him on the run. As they run the first man whispers the message to this man. The first man remains at the finish line while the other returns to the file and then runs back with the next man, repeating the message as before. The side which completes the course first wins. The last man must be able to write the message correctly, or the side is disqualified.
- C. Mass Boxing.**

The instructor should demonstrate the boxers' position, then the leads, counters, blocks, hooks, etc. In teaching these always demonstrate the position or blow by using one of the members of the class as an opponent. Explanations should be brief and to the point. Demonstrate, do not explain.

After explaining the position of a boxer call the class to attention and give the command. Take position of a boxer—move. At the com-

mand move, the men should all assume the position just demonstrated and feint a few times with either hand. After the class has practiced this for a few minutes the instructor should give the command—Rest! While the men are resting the instructor should point out the common faults which he has just noted, then practice again.

As before, when all have the correct idea of the proper position of hands, feet, arms, body, etc., face the first and third ranks about and give the command first and third ranks master, second and fourth ranks pupil. The masters will then give the pupils the command for assuming the position of a boxer and each master will correct each pupil in detail. Then give the command—change over—which is the signal for the masters to become pupils and the pupils, masters. Have the class thus carry on until the position of a boxer is mastered.

Afterward practice each blow and guard in this manner. The command for the first blow taught would be as follows: first bring the class to the position of a boxer, then give the command—straight left to the face—lead. Each man will shadow box, using this blow until the instructor calls—Rest!

When the blows and guarding have been mastered in this manner, conclude each day's instruction by forming the class in a circle about the instructor. Then have two of the men who are evenly matched put on the gloves and box for about 30 seconds. The object of this is to give each man a chance to try out the things he has learned in actual competition. Never allow the

men to swing wildly but insist that they box briskly when they are in the ring. While they are boxing have another pair putting on the gloves and as soon as the first bout is stopped have the next two men step out and so on until a number of men have boxed. A few sets of gloves used in this manner are sufficient for an entire class.

Preliminary position for boxing.

Take a walking pace forward with the left foot; place left foot flat on the ground with toe pointed toward opponent. Raise the right heel from the ground about an inch and at the same time bend both knees slightly. Balance weight equally on both feet. Keep the elbows close to the body and raise the left forearm to the horizontal position. Raise the right fist so

that it will be in front of the center of the chest and slightly away from the body. Close the fist and turn it in and

COACHES

We tell you where the good positions are and help you get the place you want. Leading Universities, Colleges, Normal and Public Schools select our candidates. Write for details

Specialists' Educational Bureau

Odeon Bldg.

St. Louis, Mo.

Kelley

DULUTH CO.

118 & 120 WEST SUPERIOR ST. DULUTH, MINN.

Mention DULUTH and it suggests

HOCKEY

We specialize in Hockey equipment. Every article is made special and our many new features have added more improvements to hockey equipment than have appeared in years.

WRITE FOR PRICES

Wright & Ditson-Victor Co.



Basket Ball Supplies

**Basket Ball Clothing, Shoes
Basket Balls, Goals, etc.**

No. 1. OFFICIAL BASKET BALL. Is recognized and accepted as the OFFICIAL and STANDARD ball for the United States. Used in match games by the United States Navy, Army, Universities, Colleges, Prep Schools, Athletic Clubs and Y. M. C. A.'s throughout the country. Made from the highest quality of English pebble grained leather, which has been especially tanned for basket ball use.

New York

San Francisco

**Wright & Ditson-
Victor Co.**

Chicago

Toronto

Wright & Ditson, Boston, Mass.

Whitney Sporting Goods Co., Denver, Col.

hold it slightly down. Bend and turn the body slightly to the right and keep the left fist and forearm pointed at the center of the opponent's body. Center the eyes on the opponent's, but keep his whole body within the scope of vision. Keep the chin down and close to the left shoulder. Relax all muscles and assume a determined facial expression.

24. Twenty-fourth Day.

A. Calisthenics.

- a. Swing the left leg backward and the arms forward, 1. Return, 2. Alternate left and right.
- b. Bend knees deep and raise arms sideward, 1. Return, 2.
- c. Bend arms to thrust at shoulders and lower the trunk forward, 1. Return.
- d. Raise the left knee forward and arms side-upward, 1. Return, 2. Slowly.
- e. Bend the trunk to the left and place hands in front of shoulders, 1. Return, 2. Same right, alternate.
- f. Four hops left with raising arms sideward, begin 1-2-3-4. Lower the arms and four hops right begin 1-2-3-4. Taken in time without stopping between hops left and right.
- g. Deep breathing.

B. Games for Speed.

Shuttle relay. Formation: column of files.

Divide each file into two sections, with a distance of 50, 75, or 100 or more yards between sections. At the starting signal, the first man of each section runs forward and passes a baton to the first man in the section opposite who runs back and hands the baton to the second man in the

first section. The contestants run back and forth until each man has run over the course, carrying the baton once. If any man drops the baton he must pick it up himself.

Modifications.

1. Men run in stooping position, touching knees or ankles as they run.
2. Men run backwards.
3. Hop on one foot or alternate, hopping first on one and then on the other.
4. Advance by Indian crawl method, keeping feet, legs, body, and arms on the ground and head down. Advance one arm and one leg at the same time.
5. Run on all fours.
6. Crawl on feet and hands, with knees stiff.

C. Mass Boxing.

Straight left to the face. As a "lead," shoot out the left hand (palm down) straight to opponent's face, stepping forward with the left foot, pushing off the ball of the right foot and keeping right foot on the ground. The blow should land a fraction of a second before the left foot touches the ground. At the moment of landing the right hand is in a position of defense with the right elbow protecting the body and the right hand ready to block a counter or to follow up the straight left lead.

25. Twenty-fifth Day.

A. Calisthenics.

- a. Place the left foot backward and bend the right knee and swing the arms backward, 1. Return, 2. Same right.
- b. Swing arms side upward, 1. Side downward, 2. Repeat often.
- c. Swing the left leg forward and arms forward, 1. Re-

- turn, 2. Alternate left and right leg. Moderately fast.
- d. Turn trunk left and swing arms side upward, 1. Return, 2. Same right.
 - e. Hands on shoulders. Place. Bend trunk forward and touch the floor, 1. Return, 2.
 - f. Running in place swinging the straight leg forward. Run.
 - g. Raise arms sideward, palms up and inhale, 1. Lower and exhale.
- B. Games for speed.

Potato Race: Formation—Column of files. Equipment—Four stones or blocks of wood and basket or box for each file.

Place the stones as follows: the first 10 yards from the starting mark, second 20 yards, third 30 yards, and fourth 40 yards. The race consists of picking up these stones or blocks of wood one at a time and placing them in the box or basket at the starting mark. The distance may be changed to suit conditions.

C. Mass Boxing.

Straight left to the face. As a counter, block or evade the opponent's lead and at the same time shoot the left straight to the face.

"Basket Ball Technique"

A Basket Ball Text Book

By

Miller (AGU) and Chandler
(Wis.)

156 pages, 25 diagrams. More than half the Colleges and Universities in America have ordered. Third edition just off the press.

Price \$1.50

GEO. F. MILLER, The Stout Institute
Menomonie, Wis.



Gymnasium Apparatus Playground Equipment Steel Lockers

Years of intensive specializing in these particular lines have made MEDART products pre-eminent—the first choice of those who know and who consider quality and permanence as well as price.

Write for Catalog "L"

It is a recognized guide on Gymnasium, Playground, Swimming Pool and Locker Room planning, equipment and operation. Sent on request to those who are interested. Write for it on your letterhead

Fred Medart Mfg. Co.

Potomac and Dekalb Sts.

St. Louis, Mo.

New York--52 Vanderbilt Ave.
Chicago--326 W. Madison St.



Spalding M Official Basketball

We use the same leather for No. M that we employ in the manufacture of our No. J5 foot ball. This leather is made in the Spalding tannery, at Leeds, England, especially for foot and basket balls—the strongest and most durable leather possible to produce.

Spalding Basket Ball Clothing

Pants, Jerseys, Stockings, Shoes, etc.

Spalding Sweaters are recognized as the best by athletic directors everywhere.

A. J. Spalding & Bros.

211 South State St. Chicago
And all large cities

THE WAITING OR THE CHARGING LINE ON DEFENSE

BY

GEO. H. PRITCHARD

Mr. Pritchard is Director of Athletics at Drury College, Springfield, Missouri, where he not only has had a successful coaching record, but is a leader in his Conference, where he stands for the best in Physical Education. He played quarterback and end on the Ohio Northern University team and has had fourteen years' coaching experience in a number of colleges.—EDITOR'S NOTE.



SINCE the development of the forward pass, a great deal of emphasis has been placed on the value of having the line charge through and into the offensive play. I do not mean just one man knifing through, but the line as a whole has been taught to go through and into the play rather than to wait until the play comes to them. By a charging line we mean that the defensive linemen on the snap of the ball break through into the play whether on the cup defense plan or some other. Some coaches yet use to some extent the waiting line on defense. By waiting line we mean that the line does not charge through, but waits on the scrimmage line to determine just where the play is going and then goes to meet the play. When using the waiting line, the men use their hands to keep the offensive linemen from their feet and legs, just as the charging linemen use their hands to break through to the play.

Since it is not possible to settle this matter by actual tests on the law of averages, we must look at the arguments on both sides. Coaches who believe in the waiting line claim that this line will stop more running plays on the line of scrimmage than a charging line will break up back of the line of scrimmage. In a charging line, the number of times that a runner is thrown for a loss is more than bal-

anced by the number of times that the men break through too late to grab an elusive runner. And, yet, few disagree with the idea that the way to stop a slippery runner is to grab him before he gets started. Coming down to facts, it is a question as to whether a waiting line which stops a play on the line of scrimmage is better than a charging line which one time throws a runner for a loss and the next time allows him to make a good gain.

The waiting line allows the offensive play to develop as to direction and manner and then each man goes to the spot toward which the play is directed. This is effective on plays outside tackle in many cases. It also does away with the fault of the quick charging lineman who finds himself, on getting through, behind the play or on the wrong side of the play. Adherents of the waiting line argue that there is nothing that breaks the morale of a team like a cool, collected, waiting line that breaks up each play with little gain. Again, the charging line advocates declare that nothing helps a team to come from behind to win a game like a charging, fighting line.

The old pivot in the line where the center fills his hole and the guard and tackle pivot by swinging around at right angles to the line of scrimmage on their hands and knees is most effective against a line smash, since the runner and interferers find it hard to get over. It is easy to get into this position from a crouch and is easily taught to men. This method of play is useless where a man starts for the line

and then goes outside tackle.

The best defense for forward pass plays is to hurry the passer. A waiting line does no good whatever in this case. A fast charging line is best for a pass play. A good charging line also will hurry any offensive play and will make the slow back hurry to get outside for a run and many times fumble or rush into the first opening he may see. A fast charging tackle and end will hurry the elusive runner, or will be able to grab him before he is able to get away. Also a fast charging tackle and end will hurry or cut off a wide end run where a waiting line might be too slow to get there at all. And to my mind, a fast charging line gets that first yard which is so important in each defensive play. Further, in offensive play two men are sent at one defensive lineman, and it is easier to defend yourself when you are charging through than by waiting. In split plays and in other line plays, a charging lineman is more likely to be in his hole and able to stop them than by waiting.

Many times it is best for an inexperienced lineman to crouch, but when in this position he is not able to see just exactly where the play is going. In this case, if using the charging system, he would be charging through blindly, or, in case he was waiting, he would not be able to see where the play was going. The short, stocky man with a powerful drive is far more effective when he drives through into the play, and a tall, lanky player who does not have the power to drive through must depend upon his reach to get the man after fighting to the play. A green lineman would have greater difficulty keeping a good lineman from getting to his legs and body in a waiting game.

It is possible that we may have a halfway mark between our waiting line and our charging line in most of our systems of coaching.

Our three middle men, in many cases, play the waiting game, while the ends and tackles drive through to cut off a runner from getting to the outside trying at the same time to drive him through to the three middle men.

Q. Should an interfeerer block one man in the open and then go for another?

A. In most cases it is better to block an opponent and stay with him.

Athletic Sporting Goods

HOPKINS

Means service to the point
of satisfaction

Only the best is good
enough for our customers.

Wholesale prices to schools

HOPKINS BROS. CO.

412 7th Street
Des Moines, Iowa

RAWLINGS

BASKETBALL EQUIPMENT



AX Official Basket Ball
Ruko Basket Ball
Basket Ball Pants
Basket Ball Shirts
Basket Ball Stockings
Basket Ball Shoes

Clothing in all Standard Colors and
Special Styles. Catalog on request or
your dealer will show you samples.

"Rawlings Athletic Goods Are Better
Than Those Usually Sold as the Best"

Rawlings Mfg. Co.

23rd & Lucas Ave. St. Louis, Mo.

HINTS FOR YOUNG COACHES

BY
A. M. BARRON

The Journal is pleased to introduce to its readers "Bert" Barron, newly elected Director of Physical Training at Michigan Agricultural College. Mr. Barron attended Philadelphia Central Manual Training High School, where he played under Wilmer G. Crowell, the famous Swarthmore Coach and Official. He played on the Penn State College team 1912-13-14, and ran both the high and low hurdles in those years. In 1918, he coached the Camp Upton team and last year coached the Football and Track teams at Michigan Agricultural College. He has written this article because he believes that the High School boy is seriously handicapped when he tries for a College team unless he has had the right kind of coaching.—EDITOR'S NOTE.



THIS article is written primarily for high school and preparatory school coaches, where one man does all the coaching.

The high school is the preparatory stage in football just as it is in studies. If the boy has learned the fundamentals properly in high school, he will have no trouble when he reaches college, provided he has a physique and the courage for the game. It is the high school athlete who has not had proper coaching who is a real problem for the college coach. One of the reasons why many promising high school athletes never play on Varsity football teams at college is because they have been improperly handled in prep. school.

The handling of a football team successfully consists not only of knowing football, but of having a keen judgment of the players as individuals. Some boys develop more rapidly than others do, and, for this reason, all players cannot be handled alike. The big, slow boy may be made useful to the team if given plenty of sprinting practice. It is best not to attempt to run line interference with slow players, as they only hinder the backfield.

The average high school boy enjoys reading articles on athletics, because of his natural interest in

sports, and for this reason a coach may get some valuable information to his players in the form of a condensed analysis of the various positions in football. For instance, the halfback position may be divided into offense, defense, forward passes, etc. This will be found to be especially helpful if there is but one coach and much individual instruction is impossible. The articles on the various positions in football published in the Athletic Journal during this past year would serve as a basis from which any coach could make a condensed analysis of each position. They may be added to from time to time as methods prove successful.

In early season practice be sure that the boys are properly protected for severe work. Each season many high school boys have broken collar bones from falling on the ball. During the early season teach them to kneel while running and at the time time to pick up the ball. Such practice will eliminate clumsiness in the boy. Later in the season, falling on the ball is not likely to cause nearly so many injuries.

At the beginning of each day's practice, have a short talk on the mistakes of the previous day and the work for the new day. A review of the fundamentals each day is sure to give results. Have twenty-yard sprints each day for linemen as well as backfield candidates. These sprints should be competitive.

Teach straight football. Do not spend a great deal of time on trick

plays that can be used but once or twice during a game or season. Remember that a winning team has to be a good offensive team. Stopping the opponents will not win for your team, it will only aid. Offensive work is necessary to win.

Spend enough time teaching how to block properly, for one player who is good at blocking is worth three who can run with the ball, but who will do no blocking when a team mate is carrying the ball. Any one can run with the ball if the way is cleared for him.

Practice for the line is most important. Most young coaches spend too much time coaching the backfield, while the line is generally coached in a haphazard sort of a way. In almost every school will be found boys who have natural ability to run with the ball and less time may be given to this phase of the game than to the development of the line. Don't overlook the

value of boxing and wrestling for the linemen.

No better practice in catching punts can be had than by kicking the ball straight up into the air as high as possible. The catcher soon realizes that the so-called "bottom to the basket" is needed to hold the ball under such conditions. With the catchers spread in a circle and the kicker in the center, accuracy in punt catching may quickly be acquired. A player may kick and then catch his own punts.

Spend all of the time possible with the quarterbacks on the field, especially during the early season, and go over the various plays which are to be used in certain zones with them.

Impress on the players the value of diagnosing plays when on the defense. The situation changes after each play, and if they can be made to realize that they must think of what the opposing quarterback is

MIZPAH 44

STOPS CHAFING

Men stand training better, like athletics better, do their stunts better—free from chafe!

Mizpah No. 44 gets rid of the chief cause of chafing—and strengthens too!

With Mizpah 44 there is a flexible support that adds to vitality and endurance.

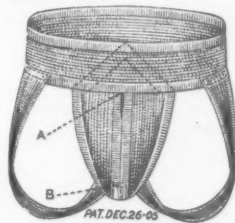
Mizpah 44 is always comfortable; allows perfect freedom of movement, gives sure protection besides. Made of the best materials, all elastic, it can be boiled without injury to the rubber.

Four Unique Features:

- a. Covered opening (see illustration)
- b. Perfect pouch (see illustration)

Minimum material between thighs preventing chafing

Welt edges to webbing for greater strength. (Prevents pulling and ripping)



Your Sporting Goods Supply House can fill your order. Write us for the "Mizpah" Folder and detailed information.

THE WALTER F. WARE COMPANY

DEPT L

1036 SPRING ST.
PHILADELPHIA, PA.

(ABOVE RACE ST.)

likely to do before the play starts, much will have been done toward the making of a winning team.

Does your team, like most school teams, run most of its plays to the right? If so, correct it.

Most college teams have fourteen to twenty plays, while the average high school coach expects his boys to learn signals for twice that number of plays.

Have a "Dope book". In it put the weak and strong points that have been learned about the opponents. It may be kept from year to year. The remembering of one weakness of the opponent may mean a victory the following season.

Are you reading the reviews of the season by the sporting writers? They are in many cases written by former star players and football coaches. Many of them are the best football officials and their information is valuable.

There have been many new books written on the subject of football. Read them. Distinguish as to what is best. New ideas may be suggested even though one may not agree with the author as to the way the game should be played.

If possible, attend summer courses in coaching. These furnish an opportunity not only to learn coaching methods, but to meet and exchange ideas with men of your own profession.

If a boy has a good suggestion, accept it. Do not think that your team will think less of you for having done it. One of the benefits of athletics is that they cause the boys to think. Encourage them to make suggestions and develop thinking football players, for thinking players are winners.

Have your players talk to and encourage their own team-mates, but let them know that action speaks louder than words to the opponents. Require your players always to treat visiting teams as

gentlemen. They are their guests. Have your boys help opponents on their feet after having tackled or blocked them. They may later tackle them twice as hard. It will breed respect for your team.

Boys should be taught to accept the officials' decisions without grumbling. Football officials are honest, but human, therefore not infallible. Allow only the Captain of the team to talk to them. Under no conditions leave the field because of poor officiating. Finish the game and secure competent officials for all future contests or do not schedule a game with that school the following year.

Do not allow the boys to look to you for sympathy because of lost games. A game lost should spur them on and make them more anxious for a victory the next game.

In meetings with the older coaches, don't be too anxious to show how much you know. You probably will learn a great deal by listening.

The boys should have confidence in the coach, and should feel that they cannot and must not lose because of their coach as well as their school.

The high school coach should realize that he is handling boys at a very impressionable age. His every action is watched very closely.

The boys cannot be deceived, and he is their standard of true sportsmanship. If he uses his influence in the right way, he will build real men.

DROP AND PLACE KICKING

(Concluded from page 9)

on the down desired, as directly in front of the goal posts as possible. This is axiomatic in field generalship.

THE FORWARD PASS AND DEFENSE AGAINST IT

(Concluded from page 29)

However, a foxy end would know at once that a pass was in the making if the interference passed him up, and the thing for him to do would be to drop back in case of the short low pass. A little different method of working the man for man defense is to let the halves cover the end men as before; the fullback takes the farthest man out on the strong side in case two or more eligible men go out; the center takes the next farthest man out on the strong side in case two or more eligible men go out; and the right guard takes the last man no matter where he goes. In the event that only two backfield men go out, the fullback would take the man on his left, the center the man on his right, and the right guard the safety man. The play of the ends, tackles and left guard would be the same as outlined above. The foregoing style of defense may be varied by

allowing either the ends or tackles to hurry the pass along with the guards and center. If the tackles do the rushing, let the ends block the opposing halfbacks and the defensive full and halves take the remaining eligible men.

The zone style of defense involves the assigning of a definite area or zone to a defensive man and he is held responsible for all passes made into his area. The disadvantage of this system is that two or more eligible men may so place themselves in a certain zone that it is almost impossible to keep one of them from taking a pass.

Whether a pass should be knocked down depends on the down and other circumstances. On fourth down, as a rule, the best thing to do is to spoil the pass. On other downs, if there is a reasonably sure chance of interception with a good interceptor and runner, it is better to allow him to take it. On every forward pass made by your team, guard against an opponent intercepting it and making a long run.

GRIP SURES HAVE GAINED A NATIONAL REPUTATION

For		For
SPEED		SERVICE
and		and
COMFORT		Economy

*For further information regarding Grip Sure and our full line of
Gym Shoes write nearest branch.*

BEACON FALLS RUBBER SHOE CO. BEACON FALLS, CONN.

241 Congress St.
BOSTON, MASS.
926-928 Broadway
KANSAS CITY, MO.

106 Duane St.
NEW YORK CITY
426-32 Second Ave.
MINNEAPOLIS, MINN.

208-212 So. Jefferson St.
CHICAGO, ILL.
562-564 Howard St
SAN FRANCISCO, CAL.

PHYSICAL EDUCATION

(Continued from page 38)

The aims of good citizenship and ethical character are likewise some of the possibilities of physical education as described in the chapter on morality as an aim of secondary school in a democracy. Subject material that contributes to the realization of the purposes of second-education is justifiable.

The English teachers have properly demanded that children be required to use correct expression in other classes outside of the composition work; the thinkers in the field of education are urgently asking that every subject in high school, when possible, be made to contribute to an understanding of the present democratic arrangements.

Some have seen how ethics and morality are direct if not the final purposes of secondary education underlying every secondary school activity. Finally each teacher must be made to see the contribution she can make in her particular work to the physical betterment of all of the pupils. While there are many technical problems involved in physical education in the broad sense of the term, each teacher has the opportunity, once in a while, to suggest practices, to require knowledge, and to inspire ideals that will lead to the betterment of the physical well being of her pupils; to that extent she has the opportunity of advancing and protecting democratic life which is, after all, the purpose of the public school system.

The high school in a democracy, therefore, in order to make it possible for each student to develop and live fully, should require every one of its pupils to receive a physical education with as much time spent on it as on,—say English or the Social Sciences—and some time should be given to physical education during, as well as after, school hours. On the

practice side, one plan that has been found very workable is to divide the school into two groups, the boys and the girls. Following the scheme of the army, each group may be further subdivided into four divisions on the basis of size and physical development. Group games, such as potato races and blackman; mass athletics, such as relay races; combats, such as wrestling, boxing, fencing, swimming, and highly specialized athletics, such as football, baseball, basketball, and track may constitute the expressional physical education courses in addition to a few minutes of setting up drills for each individual.

(Continued in the December issue)

Q. On a muddy field with a wet ball, why is a kicking game often recommended?

A. Because the chances of the receiver of punts fumbling the ball and thus allowing the kicker's ends to recover the fumble are improved.

THE DEFENSIVE END—"SMASHING OR WAITING"

(Concluded from page 25)

have the ball. Certain fundamental field tactics are followed by well-coached teams and the wise end may vary his style of play to meet the logically expected play. If a run is indicated the "smashing end" tactics should prevail—if a pass is indicated the "waiting end" style should be his choice.

So long as the game of football continues to be the great college sport there will be ardent advocates of special types of play. Winning combinations will be built around each of them, but it has been the experience of many veteran coaches that it is best to be open-minded towards all systems and not get married to any one style of play to the exclusion of the other for all have their merits and demerits and frequently the ability of the men you have to work with will have to determine your year's policy.

FAMOUS EASTERN COACHES PRAISE KEDS BASKETBALL SHOES

Here are three tributes to the "Comet"—the famous Keds basketball shoe. These testimonials are only a few of the large number that have come from the leading university coaches in all parts of the country. In fact wherever this shoe has been worn it has won unprecedented praise.

The Comet is only one of many Keds which are popular for gymnasium wear.

LOOK FOR THE NAME KEDS ON THE SHOE

United States Rubber Company



Keds
Reg. U. S. Pat. Off.



"I have been wearing your shoes regularly in practice and I have indeed been pleased with them. They are well made and the non-slip sole certainly does the job."

AL: NEIS
Princeton Uni.



"Something basketball players have been looking for, a long time."

WALTER MACE
Yale University



"The most striking feature of your shoe is its ability to hold fast on a slippery floor."

NAT HOLMAN
College of the City of N. Y.

Awards Honorably Earned



Should Be
SWEATERS
of
MERIT

Delivery in Ten Days

Emblems of best Wool Felt

Standardized College and School Colors

COATS PULL-OVERS V NECK JACKETS

THE MARK OF



DISTINCTION

O'SHEA KNITTING MILLS

Makers

Athletic Knitted Wear for Every Sport

2414-24 N. Sacramento Ave.

CHICAGO

P. S.—Our Catalog is now ready